Better Homes and Gardens Special Interest Pub

Fall 2010
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SAVE! Grocery bargains p. 66

diabetic LIVING

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+47 carb-smart recipes

Easy dinners

On-the-go breakfasts

Yummy apple desserts

You get 2 slices Just 33 g carb

How to lower morning highs p. 34

Is your type 2 diagnosis wrong? p. 40

Find us on Facebook p. 10

Chicken Italiano Pizza, p. 65

Vol. 7, No. 3

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PHOTOGRAPHER: **Blaine Moats**
FOOD STYLIST: **Greg Luna**

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fall 2010 recipes

Feast your eyes! See page 110 for more nutrition facts about our recipes, all tested (and tasted) for you in the Better Homes and Gardens® Test Kitchen.

Turn to page 119 for the complete food index.

Enjoy three fresh ways to top pizza (and get 2 slices). p. 64

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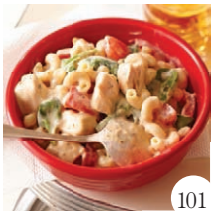
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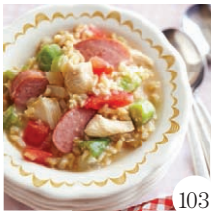
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Morning munchies

Start your day right with a nutritious, balanced breakfast:

- For busy days, assemble one of the quick grab-and-go meals on page 60.
- When your pace is more relaxed, indulge in one of the yummy recipes on page 84.

Rise and shine

Each new day gives us the opportunity to start fresh. That said, I am not a morning person. And neither is my hair.

Sure, sunrise exercise looks easy and breezy when you have an art director, a photographer, and a stylist in tow (see photo results, *left*). Most mornings, however, you're likely to find me and my bedhead watching *Good Morning America* and sweating on the elliptical machine in my basement. The only witnesses are my cats, Smudge and Gus. The rest of my family members are snug in their beds. Sigh.

It's a struggle for me to get moving in the a.m.—my get-up-and-go needs a swift kick in the pants. But I always feel better after I move my body, and my blood sugars like it, too. If you do only one good thing for yourself today, make it physical activity—the free, all-purpose helper that controls blood sugars, blood pressure, weight, and so much more that ails us.

It just makes sense, as editorial advisory board member John Zrebiec tells us: The best way to ensure daily exercise is to get it done as early in the day as possible. That way, you can't keep putting it off! Turn to page 44 to find out what types of physical activity promote optimum diabetes health. And feel free to brag when you finish your moves. On Twitter, people record their daily exercise online using the hashtag #sweatbetes. Or visit our Facebook page, *facebook.com/DiabeticLiving*, and tell us about it.

Gluten FREE **FOOD SAFETY**

As a service to our friends with celiac disease and gluten intolerance, look for this symbol in our recipe index on page 119.

For those of us living with diabetes, mornings usually bring another health measure: fasting blood sugars. If numbers on the high side make you wish you could stay in bed, turn to page 34 to learn what happens overnight and what you can do to tame those highs.

I want many more good mornings to come for all of us. The bedhead, unfortunately, is beyond my control.

-Kelly

Kelly Rawlings, PWD type 1, Editor
diabeticliving@meredith.com

TAG, YOU'RE IT Check out sturdy, sweatproof medical IDs that can give you peace of mind when you're out and about. **See wristbands and more on page 18.**

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diabetic LIVING®

STAFF FAVORITES

Fresh and filling breakfast recipes

Tame weekday stress with this good-for-you breakfast sandwich.

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Make Saturday sweet: Indulge in Brandied Apple Strudel.

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Start with pancakes (39 g carb.) for a sunny Sunday morning.

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In Memoriam — E.T. MEREDITH III (1933-2003)

The Recipe Center at **BHG.com/food** contains hundreds of recipes and tips, all tested in the Better Homes and Gardens® Test Kitchen.

If you have comments or questions about the editorial material in this publication, write to the editor of *Diabetic Living*, Meredith Corp., 1716 Locust St., Des Moines, IA 50309-3023. Send e-mail to spoon@meredith.com.

To subscribe, go to **DiabeticLivingOnline.com.**

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MPA

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2009 National Health Information Awards Winner

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IMPORTANT NEWS

Living with Type 2 Diabetes just got a whole lot **tastier** with Jenny Craig.

Why losing weight is important when you have Type 2 Diabetes

Weight loss of an average of 8% in people with type 2 diabetes is associated with ***improvements in cardiovascular disease risk factors and control of diabetes***. This amount of weight loss can also lead to ***reductions in medications for hypertension, diabetes and lipid-lowering.****

**The Look AHEAD Research Group. Reduction in weight and cardiovascular disease risk factors in individuals with type 2 diabetes. Diab Care. 2007;30:1374-1383.*

Nancy V. lost 68 lbs and feels better than ever!*

Lose weight to better manage your blood sugar

With Jenny Craig Type 2, you'll be given your ***own personal consultant who understands your lifestyle.*** Together, you will develop an eating and activity plan to ***help you lose weight.***

Enjoy delicious Jenny's Cuisine®

Not only do Jenny's menus reflect the ***nutrition recommendation*** of the American Diabetes Association, but they also ***taste great.*** And the best part is that you can take advantage of the ***calorie control and consistency*** of our menus to enjoy ***all your favorite foods.***

Losing weight now can help you:

– Maintain healthy blood glucose (sugar) levels
– Manage blood pressure
– Control cholesterol and triglyceride levels

*Clients following our program, on average, lose 1-2 lbs per week.

Jenny Craig® Type 2

FOR MORE INFORMATION VISIT
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Editorial advisory board

The following health care professionals—all experts in diabetes management—review articles that appear in *Diabetic Living®* magazine:

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As a diabetic, you know how important it is to choose the right foods. That's why Blue Diamond® Whole Natural Almonds are right for you. They have zero cholesterol and are naturally low in carbohydrates with 4g of protein per serving to help with your blood sugar management. There is even evidence that almonds may reduce the risk of heart disease.* Finally, a snack that tastes as great as it is for you.

*Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, such as almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content.

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from our readers

I am a type 2 diabetic trying to lose weight. First, I would like to say I tried the meal in a bowl (Beefy Pasta Salad, our cover recipe for the Summer 2010 issue) and it was wonderful. My question: Should I have a salad every night with my dinner?

Fran Baratta, PWD type 2, via e-mail

Salads made with greens and other nonstarchy veggies, such as tomatoes, mushrooms, onions, and sweet peppers, are a great way to fill up on fiber, vitamins, and minerals without adding too many calories to a meal. People who use simple carb counting to control diabetes usually don't need to count a nonstarchy salad—but do count any extra calories from salad dressing, cheese, croutons, and other add-ons.

Elizabeth Burt, MPH, R.D., L.D., Test Kitchen product specialist

I am so glad that I found your website.

Recently, routine blood work was done and I was shocked to find out that I was pre-diabetic. My doctor told me to start following a diabetic diet. I would like to see a section about pre-diabetes on **DiabeticLivingOnline.com.** Most of the educational information is geared to type 1 and type 2 diabetes. That's good, but I'd like to encourage and educate the pre-diabetics to help them get their blood glucose levels on target. I have learned that there are millions of people like me.

Christine Gauss, pre-diabetes, via e-mail

JOIN US Help other people live well with diabetes and share your story by joining our reader panel. For more information, go to **DiabeticLivingOnline.com/panel**.
E-mail: diabeticliving@meredith.com.
Mail: See address, page 6.

Ease into exercise with the feel-good stretches shown on page 28.

Facebook friends, chat with us between issues!

See daily updates, recipes, tips, and more on our Facebook page, **facebook.com/diabeticliving.** Or visit **DiabeticLivingOnline.com** and look for the Facebook button. We're also on Twitter at **twitter.com/DiabeticLiving.**

Fitting in fitness

Our creative Facebook fans shared the fun ways they squeeze physical activity into their already busy days:

"I put it on my calendar at work and then treat it like a work meeting. No one schedules over it, and I make sure I attend."
—Mary Ann Morrow Showalter

"I use my ThighMaster while I'm watching *Dancing with the Stars*!"
—Jenifer Vogt

"Playing on the Wii with the kids before bed."
—Craig W. Campbell

"I'm a stay-at-home mom, so during my lunch I put on my mp3 player and I dance while cleaning. I do this for an hour."
—Keturah Jones

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Nick Jonas is a paid spokesperson and an actual user of Bayer's CONTOUR® USB meter.

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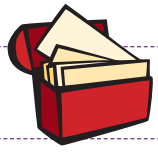

For 33 delicious and healthful breakfast recipes, visit **DiabeticLivingOnline.com/breakfast**

Better bowls to measure success

Try one of these containers for convenient food portioning at home or a healthful breakfast on the go.

1. Stayfit Deluxe Cereal Kit
Simply freeze the lid for 4 hours, then add milk to the top container and cereal to the bottom. Spoon is included. $8.99; **coolgearinc.com**

2. Measure Up Bowls & Food Journal
These porcelain bowls are marked for easy portion control. Small bowl has ¼-cup to ¾-cup line markings; classic bowl has ½-cup to 2-cup markings. $29.99 for bowl set, $5.99 for 3-month food journal; **measureupbowl.com**

3. Fit & Fresh Breakfast Chiller
A compact assembly of three containers in one, plus spoon and removable ice ring, is perfect for toting breakfast, lunch, or snacks. $9.99; **fit-fresh.com**

» *Continued on page 15*

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Could you do this with your vial and syringe?

Mealtime insulin doesn't have to stop you from living your life. No more drawing up to measure the correct insulin dose. No need for refrigeration once it's been used. Humalog KwikPen is truly portable, so you can take it just about anywhere. And it comes prefilled with Humalog mealtime insulin. Ask your healthcare provider if Humalog KwikPen is right for you.

Take the card below to your healthcare provider to ask for a prescription for 5 FREE pens and go to KwikPen.com for more information.

Prescription Humalog is for people with diabetes to control high blood sugar and should be used with a longer-acting insulin, except when used with sulfonylureas in people with type 2 diabetes.

Important safety information

Do not use Humalog during low blood sugar episodes. Low blood sugar, which can occur suddenly, is the most common side effect associated with all insulins. If severe, it can cause seizures and be life threatening. Check your blood sugar as told by your healthcare provider. Humalog starts working faster than other insulins that contain regular human insulin. Take Humalog within 15 minutes before eating or right after eating a meal. Other side effects may include weight gain, low blood potassium, and injection site and allergic reactions. Whole-body reactions are less common but may be life threatening. **Starting or changing insulin therapy should be done cautiously and only under medical supervision.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

See Patient Information, including storage information, on following page.
For complete instructions, see full user manual that accompanies the pen.

If you need assistance with prescription costs, help may be available. Visit www.pparx.org or call 1-888-4PPA-NOW.

Humalog® KwikPen™
insulin lispro injection (rDNA origin)

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Lilly

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Patient Information
Humalog® (HU-ma-log)
insulin lispro injection, USP (rDNA origin)

Important

Know your insulin. Do not change the type of insulin you use unless told to do so by your healthcare provider. Your insulin dose and the time you take your dose can change with different types of insulin.

Make sure you have the right type and strength of insulin prescribed for you.

Read the Patient Information that comes with Humalog before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your healthcare provider about your diabetes or treatment. Make sure that you know how to manage your diabetes. Ask your healthcare provider if you have questions about managing your diabetes.

What is Humalog?

Humalog is an injectable fast-acting man-made insulin. Humalog is used to control high blood sugar (glucose) in people with diabetes.

Humalog comes in:

- 10 mL vials (bottles) for use with a syringe or external insulin pump
- 3 mL vials (bottles) for use with a syringe or external insulin pump
- 3 mL prefilled pens
- 3 mL cartridges for use with a reusable pen or external insulin pump

Who should not take Humalog?

Do not take Humalog if:

- your blood sugar is too low (hypoglycemia). After treating your low blood sugar, follow your healthcare provider's instructions on the use of Humalog.
- you are allergic to anything in Humalog. See the end of this leaflet for a complete list of ingredients in Humalog.

Tell your healthcare provider:

- **about all your medical conditions.** Medical conditions can affect your insulin needs and your dose of Humalog.
- **if you are pregnant or breastfeeding.** You and your healthcare provider should talk about the best way to manage your diabetes while you are pregnant or breastfeeding. Humalog has not been studied in pregnant or nursing women.
- **about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements.** Many medicines can affect your blood sugar levels and insulin needs. Your Humalog dose may need to change if you take other medicines.

Know the medicines you take. Keep a list of your medicines with you to show to all of your healthcare providers.

How should I use Humalog?

Humalog can be used with a syringe, prefilled pen, reusable pen or external insulin pump. Talk to your healthcare provider if you have any questions. Your healthcare provider will tell you the right syringes to use with Humalog vials. Your healthcare provider should show you how to inject Humalog before you start using it.

- **Read the User Manual that comes with your Humalog prefilled pen and the manufacturer's instructions that comes with your external insulin pump. Use Humalog exactly as prescribed by your healthcare provider.**
- **If you have type 1 diabetes, you need to take a longer-acting insulin in addition to Humalog (except when using an external insulin pump).**
- **If you have type 2 diabetes, you may be taking diabetes pills and/or a longer-acting insulin in addition to Humalog.**
- **Humalog starts working faster than other insulins that contain regular human insulin.** Inject Humalog within fifteen minutes before eating or right after eating a meal.
- **Check your blood sugar levels as told by your healthcare provider.**
- Look at your Humalog before using. Humalog should be clear, have no color and look like water. If your Humalog is cloudy, thickened, even slightly colored, or has solid particles or clumps in it, do not use. Return it to your pharmacy for new Humalog.
- Humalog can be mixed with a longer-acting human insulin, but only if you are told to do so by your healthcare provider. If you are mixing two types of insulin, always draw Humalog into the syringe first. Talk with your healthcare provider about how to properly mix Humalog with a different insulin.
- Humalog can be used in an external insulin pump either by withdrawing Humalog from a vial or using a 3 mL Humalog cartridge that is inserted into the pump.
- Humalog was tested with MiniMed®[1] Models 506, 507, and 508 insulin pumps using MiniMed Polyfin®[1] infusion sets. Humalog was also tested with the Disetronic®[2] H-TRONplus®[2] V100 insulin pump (with plastic 3.15 mL insulin reservoir), using the Disetronic Rapid®[2] infusion set.
- A Humalog cartridge used in the D-TRON[2] or D-TRONplus[2] pump, may be used for up to 7 days. Humalog in the external insulin pump reservoir and the complete infusion set should be replaced and a new infusion site selected every 48 hours or less.
- Humalog in an external insulin pump should not be exposed to temperature above 98.6°F (37°C), such as in a sauna or hot tub, hot showers, direct sunlight, or radiant heaters.
- **Inject your dose of Humalog under the skin of your stomach area, upper arm, upper leg, or buttocks. Never inject Humalog into a muscle or vein.**
- **Change (rotate) your injection site with each dose.**
- **Your insulin needs may change because of:**
  - illness
  - stress
  - other medicines you take
  - changes in eating
  - physical activity changes

Follow your healthcare provider's instructions to make changes in your insulin dose.

- **Never dilute or mix Humalog with another insulin in the same prefilled pen, cartridge or external insulin pump.**
- **Always carry a quick source of sugar to treat low blood sugar, such as glucose tablets, hard candy, or juice.**

What are the possible side effects of Humalog?

Low Blood Sugar (Hypoglycemia). Symptoms of low blood sugar include:

- hunger
- dizziness
- feeling shaky or shakiness
- lightheadedness
- sweating
- irritability
- headache
- fast heartbeat
- confusion

Low blood sugar symptoms can happen suddenly. Symptoms of low blood sugar may be different for each person and may change from time to time. Severe low blood sugar can cause seizures and death. Low blood sugar may affect your ability to drive a car or use mechanical equipment, risking injury to yourself or others. Know your symptoms of low blood sugar. Low blood sugar can be treated by drinking juice or regular soda or eating glucose tablets, sugar, or hard candy. Follow your healthcare provider's instructions for treating low blood sugar. Talk to your healthcare provider if low blood sugar is a problem for you.

- **Serious allergic reactions** (whole body allergic reaction). Severe, life-threatening allergic reactions can happen with insulin. Get medical help right away if you develop a rash over your whole body, have trouble breathing, wheezing, a fast heartbeat, or sweating.
- **Reactions at the injection site** (local allergic reaction). You may get redness, swelling, and itching at the injection site. If you keep having injection site reactions or they are serious, you need to call your healthcare provider. Do not inject insulin into a skin area that is red, swollen, or itchy.
- **Skin thickens or pits at the injection site (lipodystrophy).** This can happen if you don't change (rotate) your injection sites enough.

These are not all the side effects from Humalog. Ask your healthcare provider or pharmacist for more information.

- **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.**

How should I store Humalog?

- **Store all unopened (unused) Humalog in the original carton in a refrigerator at 36°F to 46°F (2°C to 8°C).** Do not freeze.
- Do not use Humalog that has been frozen.
- Do not use after the expiration date printed on the carton and label.
- Protect Humalog from extreme heat, cold or light.

After starting use (open):

- **Vials:** Keep in the refrigerator or at room temperature below 86°F (30°C) for up to 28 days. Keep open vials away from direct heat or light. Throw away an opened vial 28 days after first use, even if there is insulin left in the vial.
- **Cartridge and Prefilled Pens:** Do not store a cartridge or prefilled pen that you are using in the refrigerator. Keep at room temperature below 86°F (30°C) for up to 28 days. Throw away a cartridge or prefilled pen 28 days after first use, even if there is insulin left in the cartridge or the pen.

General information about Humalog

Use Humalog only to treat your diabetes. Do not share it with anyone else, even if they also have diabetes. It may harm them.

This leaflet summarized the most important information about Humalog. If you would like more information about Humalog or diabetes, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about Humalog that is written for health professionals.

For questions you may call 1-800-LillyRx (1-800-545-5979) or visit www.humalog.com.

What are the ingredients in Humalog?

Active ingredient: insulin lispro.

Inactive ingredients: glycerin, dibasic sodium phosphate, metacresol, zinc oxide (zinc ion), trace amounts of phenol and water for injection.

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[1] MiniMed® and Polyfin® are registered trademarks of MiniMed, Inc.

[2] Disetronic®, H-TRONplus®, D-TRON®, D-TRONplus and Rapid® are registered trademarks of Roche Diagnostics GMBH.

Humalog® and Humalog® KwikPen™ are registered trademarks of Eli Lilly and Company.

Patient Information revised September 2, 2009

PV 5561 AMP PRINTED IN USA

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Lilly France, F-67640 Fegersheim, France
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Eli Lilly and Company, Indianapolis, IN 46285, USA or
Hospira, Inc., Lake Forest, IL 60045, USA or
Lilly France, F-67640 Fegersheim, France
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Humalog® (HU-ma-log) insulin lispro injection, USP (rDNA origin) PV 5561 AMP

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» Continued from page 12

Raise the bar

We put nutrition bars to the test to find which ones met our requirements for good health* and taste. Here are five that received top marks.

Kashi GOLEAN Roll! Bar 1
Made with seven whole grains. Chocolate Turtle flavor has 190 cal., 27 g carb. $1.50; **kashi.com**

Jay Robb High-Protein JayBar 2
Contains 14 g protein. Fudge Brownie flavor has 220 cal., 23 g carb. $2.99; **jayrobb.com**

FitSmart Bar 3
Includes 10 g fiber in each bar. Cranberry Apple flavor has 220 cal., 33 g carb. $2.49; **fiber35.com**

Extend Bar 4
Can stabilize blood sugar for up to nine hours. Peanut Butter Chocolate flavor has 150 cal., 21 g carb. $1.39; **extendbar.com**

Zing Bar 5
Vegan, gluten-free, soy-free, and dairy-free. Oatmeal Chocolate Chip flavor has 210 cal., 24 g carb. $2.49; **zingbars.com**

**Each bar has 150–250 calories, 35 g or less of carb., at least 3 g fiber and 5 g protein, and less than 2.5 g saturated fat.*

Be prepared for a snack emergency (but avoid temptation) by keeping a nutrition bar on hand that isn't your favorite flavor.

» Continued on page 16

Dry Mouth?
Time-Released Relief
Day or Night!

- Works for Hours
- Proven Effective
- Promotes Oral Health

OraMoist is an innovative, clinically proven approach to treating dry mouth.

OraMoist is a time-released patch that adheres to the roof of the mouth and then slowly dissolves, moistening for hours. The Patch releases a lipid that lubricates the mouth, and Xylitol and enzymes to improve oral health.

Free Trial Sample
800-448-1448

Store Locator/Coupons
www.OraMoist.com

Walgreens
RITE AID
in Oral Pain Aisle
Albertsons
Raley's

QUANTUM HEALTH

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New diabetes diagnostic criteria

In the 2010 Clinical Practice Recommendations, the American Diabetes Association announced the addition of A1C (average blood glucose over time) testing as one indication for a diagnosis of diabetes.

Diagnosis now may be based on any of these four criteria:
- **A1C ≥ 6.5%** (Must be performed in a laboratory using a certified and standardized method.)
- **Fasting plasma glucose ≥ 126 mg/dl.** (Fasting is defined as no caloric intake for at least 8 hours.)
- **2-hour plasma glucose ≥ 200 mg/dl** after consuming 75 grams of glucose.
- **Random plasma glucose ≥ 200 mg/dl** with symptoms of severe hyperglycemia (excessive urination, thirst, and unexplained weight loss).

The A1C test isn't necessarily superior to other diagnosis methods, but it is convenient because fasting isn't required.

Victoza: once-daily injection

FDA-approved Victoza is the first once-a-day medication for type 2 diabetes that lowers blood sugar and may help reduce weight.

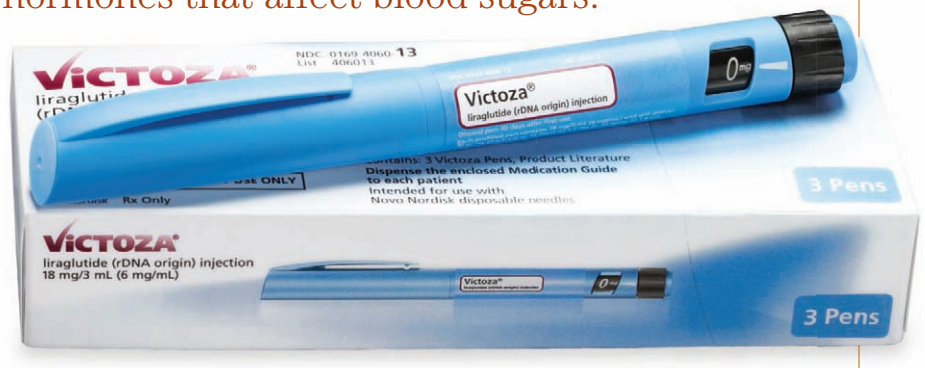
Victoza is an injectable medication that mimics natural glucagon-like peptide, or GLP-1, by helping the pancreas make more insulin after eating. The once-daily human GLP-1 analog is for people with type 2 diabetes, and is used as part of a medication plan.

Victoza is an option when diet changes, exercise, and metformin aren't enough to meet blood sugar goals. It's not recommended as first-line therapy.

Like natural GLP-1, Victoza stimulates beta cells to release insulin only when blood glucose levels are high, so the risk of hypoglycemia is low.

"Victoza provides patients a once-daily treatment that not only lowers blood sugar, it does not promote weight gain and is associated with weight loss in the majority of patients," says Alan J. Garber, M.D., Ph.D., a professor at Baylor College of Medicine, Houston.

Victoza and other diabetes medications work to stimulate body hormones for blood glucose control. Turn to page 34 to learn about four hormones that affect blood sugars.



BD Ultra-Fine Nano Pen Needles (4 mm)

BD Medical has released the Nano, the smallest injection pen needle available. At 4 mm, the Nano is 50 percent shorter and 8 percent thinner than the leading pen needle. It's also clinically proven to be just as effective as longer needles for people of all sizes. The Nano fits on all insulin pens.

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WE DID IT—TOGETHER!

Nutrisystem is proud to support the **American Diabetes Association** in its efforts to educate people about fighting diabetes. And we're happy to announce that, through proceeds from sales of our Nutrisystem D weight loss program, a donation of $250,000 will be made to the Association to help Stop Diabetes℠.

Nutrisystem® | D™

a proud sponsor of STOP DIABETES
American Diabetes Association.
visit stopdiabetes.com to learn more

MIKE
LOST **106** lbs.*

BEVERLY
LOST **52** lbs.*

You can lose weight and fight type 2 diabetes—with Nutrisystem D!

- **FREE** round-the-clock phone access to weight loss coaches
- **FREE** online membership including weight loss tips, tools and menu planning
- **FREE** live chat sessions with registered dietitians
- ***PLUS!* FREE** delivery straight to your door†

***All for as low as $3 a meal*†**

EAT FREE FOR 4 WEEKS!

That's An Extra 28 Breakfasts, 28 Lunches, 28 Dinners and 28 Desserts FREE†

CALL **1-877-340-DIET (3438)**
OR CLICK **nutrisystem.com/DL310**

†Offer good on new 28-Day Auto-Delivery programs. Offer not valid on Flex and Select (fresh-frozen) programs. Free shipping to Continental U.S. only. One additional free week of food will be included with each of your first four consecutive 28-Day deliveries. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel at any time by calling 1-800-727-8046; however for this offer you must stay on Auto-Delivery for at least four consecutive 28-Day program deliveries to receive all four free weeks of food. Other restrictions apply. Call or see website for details. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. ©2010 Nutrisystem, Inc. All rights reserved.

*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs. per week. Individuals are remunerated. On Nutrisystem you add-in fresh grocery items.

Nutrisystem D is a comprehensive weight loss program. It does not treat, cure or prevent diabetes, and is not a substitute for diabetes medications. Consult your physician before starting this or any weight loss or exercise program.

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action heroes

These sturdy, sweatproof medical IDs provide peace of mind while you bike, run, swim, camp, and pursue other outdoor adventures.

WRITTEN BY **Caitlin Thornton**
PHOTOS BY **Kritsada**

1. Who ya gonna call?
Each Xtreme Sports ID ($9.95) features a unique 800 number so responders can access vital information. Available in seven colors. Xtreme Sports ID; 800/939-0154; **xtremesportsid.com**

2. Build your own
Start with a Nylon Sportband ($29.95) and add one of four stainless-steel plates. Engraving is free. Available in 10 colors and patterns. American Medical ID; 800/363-5985; **americanmedical-id.com**

3. Keep it simple
Find a silicone wristband ($4.99) that fits your style—they come in three sizes and more than 20 colors. CoolMedID; 866/379-0943; **coolmedid.com**

4. Hit the road
The Wrist ID Sport ($19.99) is comfortable to wear and can be laser-engraved. Two reflective strips enhance your visibility at night. Available in six colors. Road ID; 800/345-6336; **roadid.com**

Continued on page 20 »

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New Styles and More Comfort!

CALL TODAY!
FOR OUR NEW DIABETIC SOCKS.
Buy 3 pairs and get your fourth pair FREE!

NEW!

One in four Americans will develop foot complications due to their diabetes. Properly fitted shoes are essential for reducing these risks, but let's face it, most orthopedic shoes are neither stylish nor attractive. Dr. Comfort footwear changes all that. Dr. Comfort shoes are made from the finest leathers and are scientifically designed for the diabetic foot. Medicare or your private insurance carrier may cover the costs of Dr. Comfort footwear. If you have arthritis, plantar fasciitis, bunions, hammer toes, swollen feet, achy feet or diabetes then call Dr. Comfort now to find out how you could be wearing the finest quality extra depth comfort footwear and receive a FREE Catalog with all our new styles for you and your loved ones.

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Continued from page 18 »

Medical identification tags can speak for you should you ever need assistance. For a custom ID, include your name, health condition(s), and a contact number.

5. Ankle bracelet
Made with flexible neoprene, the Ankle ID ($19.99) follows your natural body movements. Available in four colors. Road ID; 800/345-6336; **roadid.com**

6. Road warrior
Velcro keeps the Shoe ID ($19.99) fastened to your sneakers; the stainless-steel plate can be engraved with information. Available in three colors. Road ID; 800/345-6336; **roadid.com**

7. Shoe bling
Tie on the Shoetag ($16 for two) to indicate either ALERT or DIABETES. LIFETAG Medical ID; 888/543-3824; **lifetag-alert.stores.yahoo.net**

Continued on page 22 »

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Don't Settle for **One** Color. Have Them **ALL**.

GLUCOCARD® 01-mini

Actual Size

Blood Glucose Monitoring System
with FREE Interchangeable Faceplates

The GLUCOCARD® 01-mini is more than just a pretty face. You want an auto code system that is easy to use and has a tiny 0.3 microliter sample size. Try the GLUCOCARD® 01-mini Blood Glucose Monitoring System. With test strips at half the cost of leading brands, this system is perfect for those with no insurance, high co-pays or Health Savings Accounts (HSAs).

Free Faceplates
available at www.glucocardusa.com

ARKRAY™
1-800-888-5957
www.glucocardusa.com

Continued from page 20 »

8. Glucose buddy

The Quick-Fix Keychain ($4.25) holds glucose tablets and is perfect for gym bags, backpacks, and golf bags. Add a sticker (35 cents) to indicate *Diabetic*. Quick-Fix Keychain; **quickfixkeychain.com**

9. Skin deep

Stock up on temporary tattoos (45 cents each) for competitive events. One tattoo will last 3–5 days, even with exposure to showering and swimming. Medical ID Store; 888/553-0117; **medicalidstore.com**

10. It's all in the wrist

This zippered wristband ($18) has a terry-cloth back, just like a sweatband. Use the pouch for an ID card ($3) or your house key; zipper pull ($13.50). LIFETAG Exercise ID; 888/543-3824; **lifetag-alert.stores.yahoo.net**

11. Time after time

This fast-wrap Medical Alert Watch ($69.95) is water-resistant to 100 meters. The face and band feature the medical alert sign; the back of the watch can be engraved for free. MediCharms; 888/417-7591; **medicharms.com**

12. Tie one on

The Shoe Pouch ID ($19.99) can carry your key, extra cash, or a few glucose tabs. Laser-engrave the removable tag with your information. Available in four colors. Road ID; 800/345-6336; **roadid.com**

13. Stow and go

The Sportsband ($19.99) comes with two waterproof cards that slide into the bracelet pocket. Write your information with a permanent pen and keep one card as a spare. My-Medical-ID.com; **my-medical-id.com**

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Your doctor didn't say anything about cutting back on flavor.

Better'n Eggs® are a
delicious way to eat healthy.
Made with real eggs for lean protein.
Zero fat and cholesterol.
And ready for your favorite dishes.
betterneggs.com

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change for the better

Achieving healthful diabetes-care behaviors is a journey, not a sprint. Embark on the path to lasting change by analyzing obstacles and your priorities.

BY **Joy Pape, R.N., CDE**

Here's how to take the first step.

Perhaps you've tried to lose weight, exercise more, take your medicine. If you've said "I should" more than "I did it," you're not alone. Discover what could be stopping you from starting or sticking to healthful habits.

Coming to terms

Before a person is ready to make changes, an important realization must occur: acknowledgement, says Lisa Galynker, Ph.D., a behavioral psychologist in New York City. "When someone is diagnosed with diabetes, there's a period of time when they are coming to terms with what it means and lack the type of behaviors that bring about change," she says. First you have to understand the nuts and bolts of diabetes care and accept the diagnosis. Then there's a trial-and-error period of putting changes into action.

What's missing

When it comes to wanting to make changes, it's common to feel like you're missing something. "People typically think they need to find willpower, self-discipline, or motivation. They get discouraged when they can't find it," says William Polonsky, Ph.D., CDE, founder of the Behavioral Diabetes Institute in San Diego.

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photos: VEER

WHAT MOTIVATES ME Stories from other people who have diabetes. I think: If they can do it, so can I!
—Lloyd DeBrisay, PWD type 2

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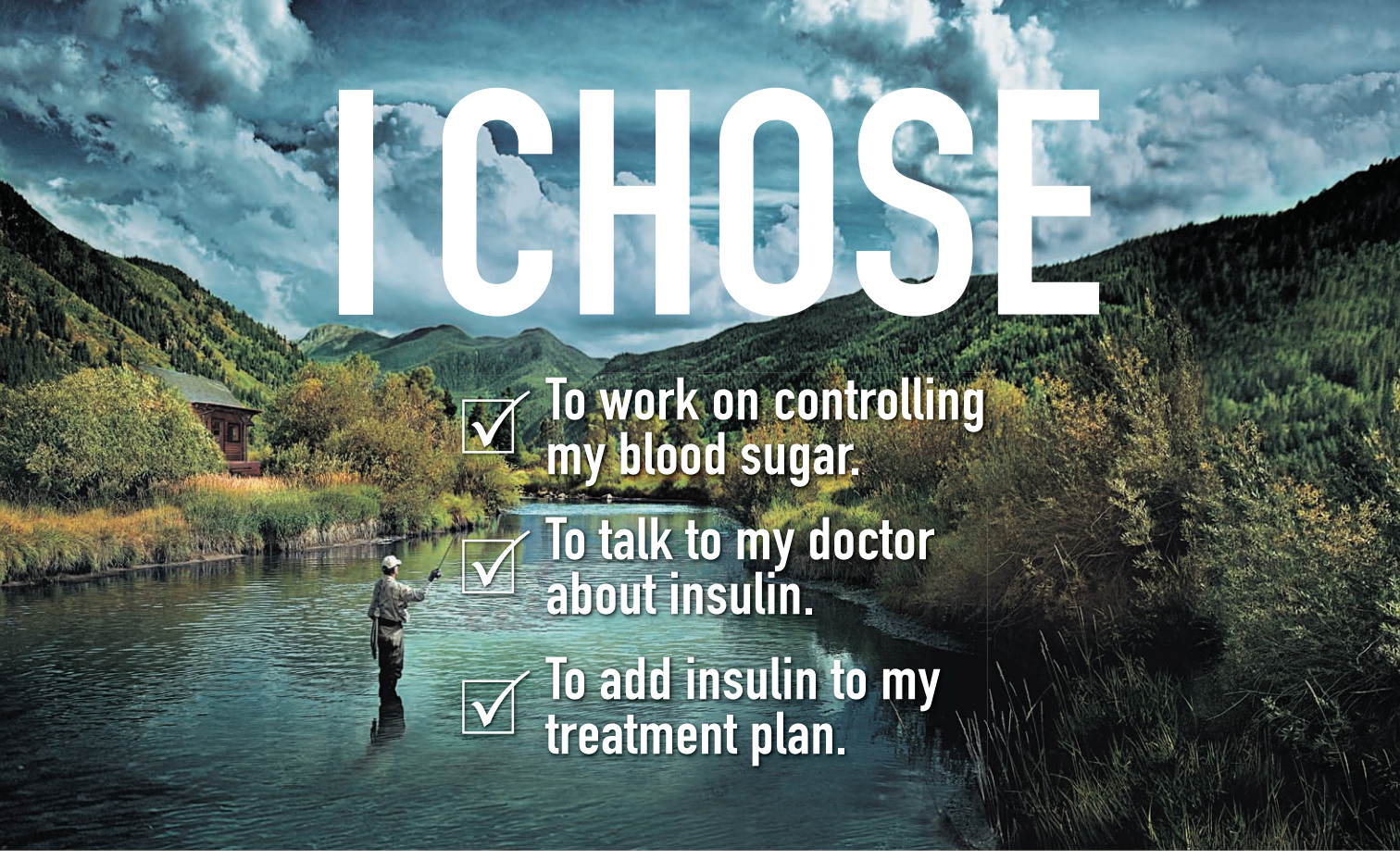

If you have type 2 diabetes, and pills alone aren't controlling your blood sugar anymore, this could be the right time to consider adding insulin. Insulin is an effective way to lower blood sugar. Controlling blood sugar is important because, over time, high blood sugar can lead to serious complications.

Today, insulin comes in an easy-to-use pen. Insulin should be used as part of an overall diabetes treatment plan, which includes diet, exercise, and other diabetes medications. Make the choice to talk to your doctor about whether insulin is right for you.

Important Safety Information for Lantus® (insulin glargine [rDNA origin] injection)

Do not take Lantus® if you are allergic to insulin or any of the inactive ingredients in Lantus.®

You must test your blood sugar levels while using insulin, such as Lantus.® Do not make any changes to your dose or type of insulin without talking to your healthcare provider. Any change of insulin should be made cautiously and only under medical supervision.

Do NOT dilute or mix Lantus® with any other insulin or solution. It will not work as intended and you may lose blood sugar control, which could be serious. Lantus® must only be used if the solution is clear and colorless with no particles visible. **Do not share needles, insulin pens or syringes with others.**

The most common side effect of insulin, including Lantus,® is low blood sugar (hypoglycemia), which may be serious. Other possible side effects may include injection site reactions, including changes in fat tissue at the injection site, and allergic reactions, including itching and rash. In rare cases, some allergic reactions may be life threatening.

Tell your doctor about other medicines and supplements you are taking because they can change the way insulin works. Before starting Lantus,® tell your doctor about all your medical conditions including if you have liver or kidney problems, are pregnant or planning to become pregnant, or are breast-feeding or planning to breast-feed.

Indications and Usage

Prescription Lantus® is a long-acting insulin used to treat adults with type 2 diabetes and adults and children (6 years and older) with type 1 diabetes for the control of high blood sugar. It should be taken once a day at the same time each day to lower blood glucose.

Do not use Lantus® to treat diabetic ketoacidosis.

Lantus® SoloSTAR® is a disposable prefilled insulin pen.

Please see additional important information on the next page.

WhyInsulin.com
1-877-665-9334

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

From the maker of Lantus® SoloSTAR.®

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BRIEF SUMMARY OF PRESCRIBING INFORMATION

HIGHLIGHTS OF PRESCRIBING INFORMATION

These highlights do not include all the information needed to use LANTUS safely and effectively. See full prescribing information for LANTUS.

LANTUS® (insulin glargine [rDNA origin] injection) solution for subcutaneous injection

Initial U.S. Approval: 2000

INDICATIONS AND USAGE

LANTUS is a long- acting human insulin analog indicated to improve glycemic control in adults and children with type 1 diabetes mellitus and in adults with type 2 diabetes mellitus. (1)

Important Limitations of Use:

- Not recommended for treating diabetic ketoacidosis. Use intravenous, short-acting insulin instead.

DOSAGE AND ADMINISTRATION

- The starting dose should be individualized based on the type of diabetes and whether the patient is insulin-naïve (2.1, 2.2, 2.3)
- Administer subcutaneously once daily at any time of day, but at the same time every day. (2.1)
- Rotate injection sites within an injection area (abdomen, thigh, or deltoid) to reduce the risk of lipodystrophy. (2.1)
- Converting from other insulin therapies may require adjustment of timing and dose of LANTUS. Closely monitor glucoses especially upon converting to LANTUS and during the initial weeks thereafter. (2.3)

DOSAGE FORMS AND STRENGTHS

Solution for injection 100 units/mL (U-100) in

- 10 mL vials
- 3 mL cartridge system for use in OptiClik (Insulin Delivery Device)
- 3 mL SoloStar disposable insulin device (3)

CONTRAINDICATIONS

Do not use in patients with hypersensitivity to LANTUS or one of its excipients (4)

WARNINGS AND PRECAUTIONS

- Dose adjustment and monitoring: Monitor blood glucose in all patients treated with insulin. Insulin regimens should be modified cautiously and only under medical supervision (5.1)
- Administration: Do not dilute or mix with any other insulin or solution. Do not administer subcutaneously via an insulin pump or intravenously because severe hypoglycemia can occur (5.2)
- Do not share reusable or disposable insulin devices or needles between patients (5.2)
- Hypoglycemia: Most common adverse reaction of insulin therapy and may be life-threatening (5.3, 6.1)
- Allergic reactions: Severe, life-threatening, generalized allergy, including anaphylaxis, can occur (5.4, 6.1)
- Renal or hepatic impairment: May require a reduction in the LANTUS dose (5.5, 5.6)

ADVERSE REACTIONS

Adverse reactions commonly associated with Lantus are:

- Hypoglycemia, allergic reactions, injection site reaction, lipodystrophy, pruritus, and rash. (6.1)

To report SUSPECTED ADVERSE REACTIONS, contact sanofi-aventis at 1-800-633-1610 or FDA at 1-800-FDA-1088 or *www.fda.gov/medwatch.*

DRUG INTERACTIONS

- Certain drugs may affect glucose metabolism, requiring insulin dose adjustment and close monitoring of blood glucose. (7)
- The signs of hypoglycemia may be reduced or absent in patients taking anti-adrenergic drugs (e.g., beta-blockers, clonidine, guanethidine, and reserpine). (7)

USE IN SPECIFIC POPULATIONS

- Pregnancy category C: Use during pregnancy only if the potential benefit justifies the potential risk to the fetus (8.1)
- Pediatric: Has not been studied in children with type 2 diabetes. Has not been studied in children with type 1 diabetes <6 years of age (8.4)

See Prescribing Information for PATIENT COUNSELING INFORMATION and FDA-approved patient labeling

Revised: 09/2009

GLA-BCPH-AS-SEP09 Rx Only

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Polonsky says it helps to realize that we are all motivated to live a long and healthy life—but distractions may slow us down. "Rather than look for motivation, look at what's in your way," he says.

Removing barriers

Polonsky sees three common barriers to diabetes self-care: depression, misconceptions, and a sense of deprivation.

Depression: This condition can get in the way of taking care of your diabetes. Depression contributes to other factors that can affect blood glucose, such as overeating, failing to get adequate sleep, or the inability to coax yourself into going for a walk. Get help for depression and you will be better able to take care of diabetes.

Misconceptions: If you believe that you need not worry about your diabetes until you get older, you're likely to wait too long to take control. That may make it difficult to achieve healthful blood glucose, blood pressure, and blood lipid levels, putting you at risk for complications. Likewise, if you think there's nothing you can do to control diabetes, then you're likely to do nothing at all. Diabetes is a complex condition. But small changes can improve your health and how you feel.

Deprivation: It seems like everyone has strong opinions about what you can and cannot eat with diabetes. If you've been told too often what not to eat, you may constantly feel deprived. Get the facts—talk to a registered dietitian or diabetes educator and learn how to work your favorite foods into a nutritious meal plan.

Completing a small change for the better—something as simple as choosing a healthful beverage—encourages other good behaviors.

Finding what works

Your initial reasons to make changes may not get to the heart of the matter. At first you may say, "My doctor told me to," or "I'm scared." Those reasons may not convince you to put enough work into change. To dig deeper, consider writing your thoughts, with the understanding that no one else will read them. Invest in a few minutes, or even a few hours, to consider what's meaningful to you. Then, as Polonsky suggests below, prioritize the changes and the steps you want to make.

Experts agree that it's best to make changes in small steps rather than all at one time. Completing a small step builds the confidence to take others. And that's a true change for the better.

Joy Pape of EnJOY Life! Health Consulting coauthored *Real-Life Guide to Diabetes* (American Diabetes Association, 2009).

Big-bang changes

William Polonsky, Ph.D., CDE, suggests making a list and prioritizing the behaviors you want to change. Then, he adds, don't try to tackle them all at once. First work on changes that deliver the "biggest bang for your buck," he says. For example, if you are not taking blood glucose-lowering pills as prescribed, you may decide to change that by putting your medications near your toothbrush as a daily reminder. Quitting smoking, which reduces the risk of complications, is another big-bang change that can impressively improve your health.

WHAT MOTIVATES ME

Weight loss! When I see the number going down on the scale, it encourages me to continue.
—Nancy Gentzsch, PWD type 2

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good morning stretches

Start your day on the right side of the bed with these feel-good stretches. They can improve your foot, ankle, and hip mobility, decrease knee and lower-back pain, and build lower-leg strength. Ease into the moves on top of your bed. In addition to benefiting your legs, these stretches lengthen the muscles that help maintain a strong back. Then get up and use a sturdy piece of furniture for support to complete the circuit.

Other equipment needed: A sturdy piece of furniture such as a chair or dresser and, if desired, ankle weights.

WRITTEN BY **Irene Lewis-McCormick, M.S., CSCS**
PHOTOS BY **Blaine Moats**

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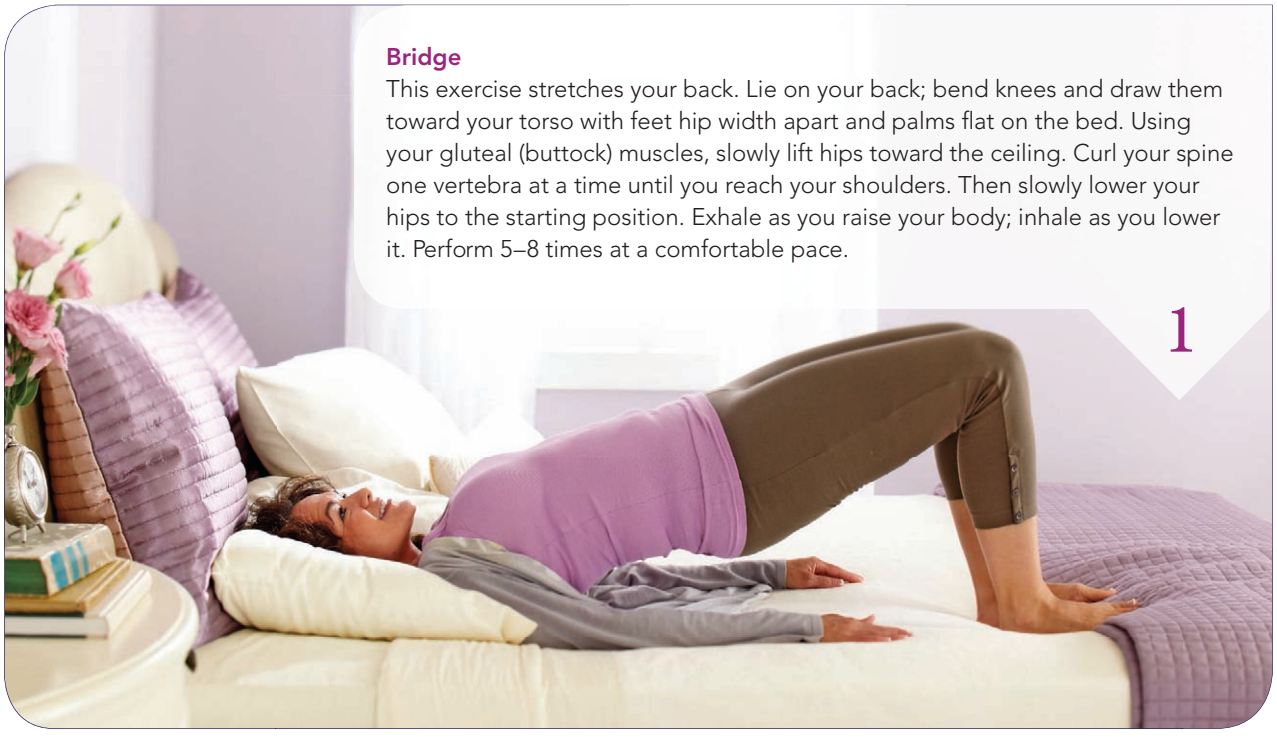

Bridge

This exercise stretches your back. Lie on your back; bend knees and draw them toward your torso with feet hip width apart and palms flat on the bed. Using your gluteal (buttock) muscles, slowly lift hips toward the ceiling. Curl your spine one vertebra at a time until you reach your shoulders. Then slowly lower your hips to the starting position. Exhale as you raise your body; inhale as you lower it. Perform 5–8 times at a comfortable pace.

1

Lower-back stretch with ankle rotations

This move stretches your lower back and wakes up your ankles and feet. Lie on your back with one knee bent and your foot on the bed. Extend the other leg up, holding the back of the thigh or the shin to comfortably draw the leg closer to your chest. Slowly rotate the raised ankle in one direction 8 times, then rotate in the opposite direction 8 times. Switch legs and repeat.

2

Hamstring stretch

This stretch increases the flexibility of your hamstrings and lower back. Lie on your back with one knee bent and your foot on the bed. Extend the other leg toward the ceiling. Hold the extended leg with both hands behind the thigh, gently pulling it toward your torso and keeping the knee straight. Rest your head on the pillow; do not strain your neck. Point and flex your ankle joint as you hold the stretch for 10 seconds. Switch legs and repeat.

3

prop styling: **MOLLY SINNETT**; beauty stylist: **MARY-KATE GALES**

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Seated knee extension
This exercise strengthens the legs. Sit tall in a chair with your feet hip width apart, knees bent, and feet firmly on the floor. Rest your hands on the sides of the chair. Straighten your right leg, tightening the muscles above the kneecap. Pause briefly, then slowly lower your foot to starting position. Do 10 repetitions. Switch legs and repeat.

4

Ankle action

The mobility and stability of the ankle joints are important for balance and movement. When you stretch your legs, exercise your ankle joints by pointing and flexing while holding the stretches. Pointing the foot, *left,* is called plantar flexion. Flexing the foot (bringing your toes closer to your shin), *far left,* is called dorsi flexion. These two joint actions are critical to ankle health.

Continued on page 32 »

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» Continued from page 30

Standing hip circles

Your hips and gluteal muscles will appreciate this stretch. Stand on one leg, aligning the leg and foot with your body, and hold the back of a chair for support. Lift and extend the other leg to the side of your body and make circles (about the size of a dinner plate) with the leg. Move from the hip and keep the circles slow, controlled, and symmetrical. Draw 8 circles in one direction and then 8 in the opposite direction. Switch legs and repeat.

5

Standing calf raise

This move uses your body weight to stretch and strengthen the calf muscles. Using a sturdy chair for support, stand on one leg with the toe of the opposite leg wrapped behind the ankle. Rise on the ball of the working foot as high as you can go, then slowly and smoothly lower the heel back to the floor. Perform 10 repetitions; switch legs and repeat.

6

Complete these moves and count them as some of your daily physical activity. See page 44 for the good things exercise does for your body.

Standing figure 4

This stretch is a wonderful way to complete the routine—it opens up the hip and is a true feel-good move. Hold on to a sturdy chair for support. Cross one leg over the opposite thigh, as if you are sitting with one leg crossed over the other in a chair. Lower your body, pretending to sit, and feel the stretch open up the outer hip. Hold for 10 seconds. Switch legs and repeat.

7

Irene Lewis-McCormick, M.S., CSCS, is a national fitness educator and expert for the American Council on Exercise.

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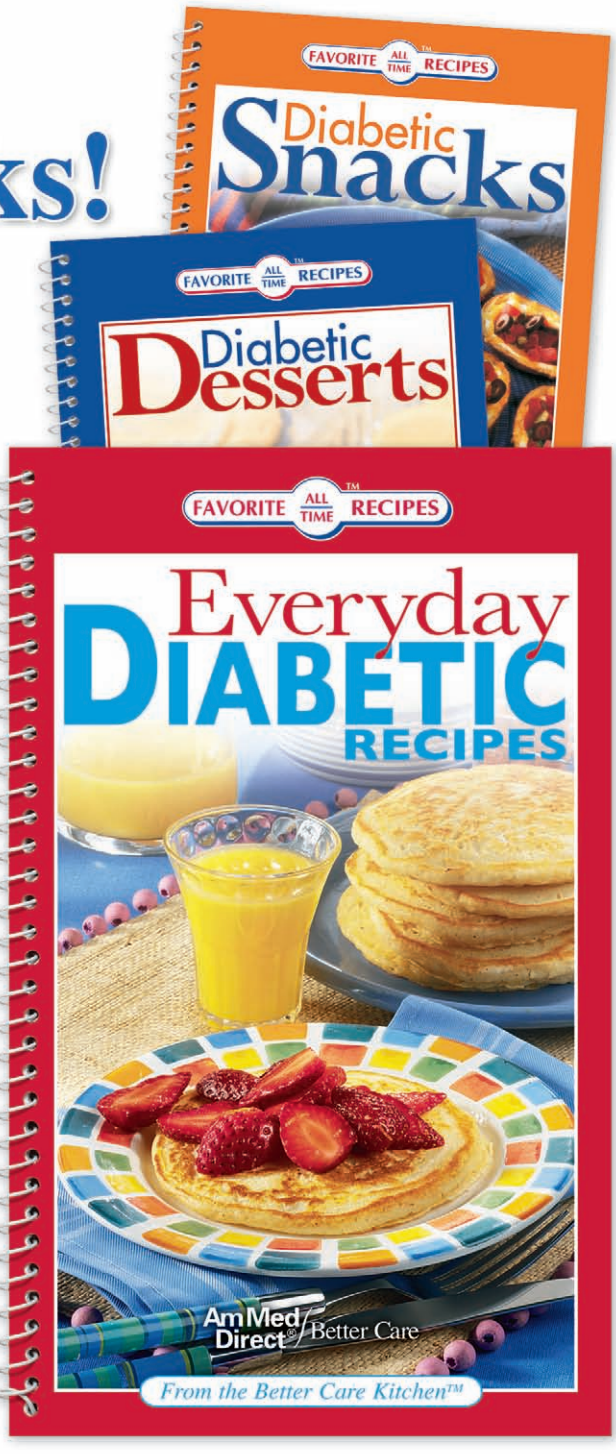

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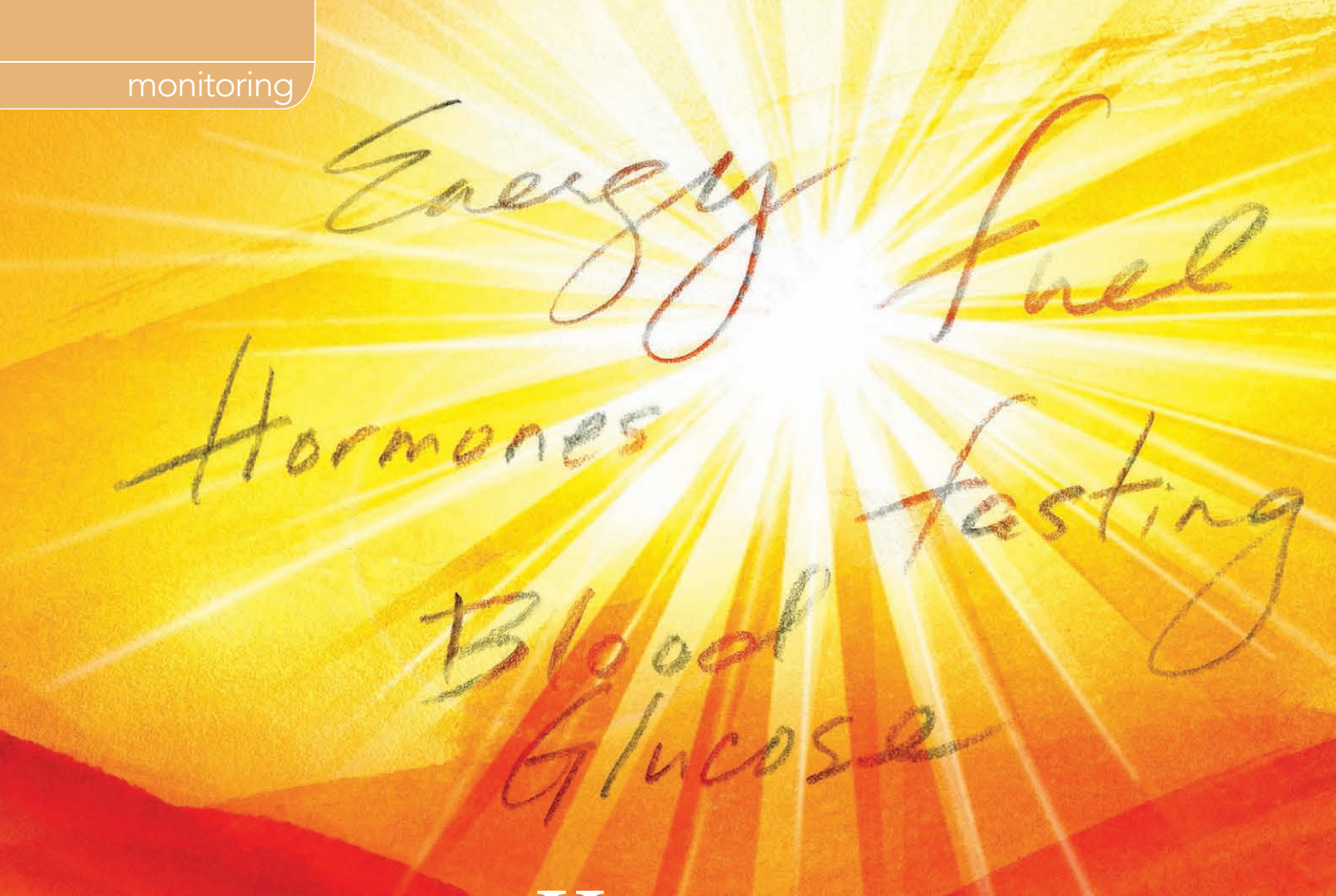

How to lower morning highs

BY **Hope S. Warshaw, R.D., CDE** ILLUSTRATIONS BY **Margaret Lee**

Stumped by high fasting blood glucose results? Join the club. "It just doesn't compute. When I snack before bed, my fastings are lower than when I limit my night nibbles," says Pete Hyatt, 59, PWD type 2, of Vancouver, Washington.

"It's logical for people to point the finger for high fastings at what they eat between dinner and bed, but surprisingly food isn't the lead villain," says Robert Chilton, M.D., a cardiologist and professor of

Continued on page 37 »

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*Artist depiction of diabetic nerve pain symptoms

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Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA® PREGABALIN © capsules

(**LEER**-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:
- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.
Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:
- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.
This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.
Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:
- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:
- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:
- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements.
LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:
- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:
- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:
- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:
- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:
- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

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Continued from page 34 »

medicine at the University of Texas Health Science Center at San Antonio. The true culprit is compromised hormonal control of blood glucose levels.

The essential hormones

During the years (up to a decade) that type 2 diabetes develops, the hormonal control of blood glucose breaks down. The four hormones involved in glucose control are:

Insulin, made in the beta cells of the pancreas, helps the body use glucose from food by helping it to move into the body's cells. People with type 2 have slowly dwindling insulin production and reserves and increasing insulin resistance.

Amylin, secreted from the beta cells, slows the release of glucose into the bloodstream after eating by slowing stomach-emptying and increasing the feeling of fullness. People with type 1 and type 2 diabetes are amylin-deficient.

Incretins, a group of hormones secreted from the intestines that includes glucagon-like peptide 1 (GLP-1), enhance the body's release of insulin after eating. This in turn slows stomach-emptying, promotes fullness, delays the release of glucose into the bloodstream, and prevents the pancreas from releasing glucagon, putting less glucose into the blood.

Glucagon, made in the alpha cells of the pancreas, breaks down glucose stored in the liver and muscles and releases it to provide energy when glucose from food isn't available.

What's normal

When diabetes is not present, the body handles the changing supply of and demand for glucose (the energy from food) 24 hours a day. This system involves the four hormones—the messengers—and a continuous feedback loop that moves messages between the brain, gut, pancreas, and liver. Here's how the system works:

When fasting: As blood glucose falls after peaking from the last food eaten, the pancreas puts out less insulin. At the same time, two other hormones wane: amylin and glucagon-like peptide 1 (GLP-1), which help store and use glucose. A fourth hormone, glucagon, kicks into gear to offer a constant flow of glucose. Glucagon sends messages to the liver and muscles to make glucose from stored energy.

After eating: Food raises blood glucose and sends a message to the intestines to release GLP-1, which primes the insulin and amylin spigots. These hormones help cells use the glucose from food to fuel the body. The glucagon spigot turns off because there's little need for glucose from the liver or muscles when food is available. The impact of food on blood glucose, even for a large, high-fat meal, lasts less than six hours.

Type 2 diabetes during sleep

During the years type 2 diabetes slowly develops, hormonal control of blood glucose breaks down. Eventually, here's what happens during sleep to a person with type 2 diabetes:

"Overnight, the liver and muscles get the message from excess glucagon to ramp up the glucose supply" because the person is sleeping, not eating, says Marty Irons, R.Ph., CDE. "There's not enough GLP-1, insulin, or amylin to stem the tide of excess glucose from the liver and muscles, essentially throwing this feedback loop out of whack." High fasting blood glucose levels, particularly in the earlier years of type 2 diabetes, result from this hormonal imbalance. Evening meals and snacks may get the blame for morning highs, but hormones actually deserve it.

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You can't completely reverse the hormonal imbalance of type 2 diabetes, but a combination of actions can solve the high fasting blood glucose problem. "With your health care provider's guidance, experiment," says Arlene Monk, R.D., CDE, a dietitian and diabetes educator at the International Diabetes Center at Park Nicollet in Minneapolis. Here are some actions that may improve morning numbers:

Start, change, or add medication. "Most people need to start a blood glucose-lowering drug at diagnosis to fight the insulin resistance and the hormonal imbalance," says Marty Irons, R.Ph., CDE. The most common starting medication, metformin, cuts down on glucose overproduction overnight. Beth DeLauder, 46, PWD type 2, from Stafford, Virginia, takes metformin, as does Pete. They both say it's been one factor among many lifestyle changes to help lower their fasting blood glucose levels.

Newer drugs are prescribed as starting or add-on medications when blood glucose goals aren't met. The oral dipeptidyl peptidase-4 (DPP-4) inhibitors Januvia and Onglyza keep more GLP-1 hormone circulating. The more potent injectable GLP-1 agonists Byetta (twice daily) and Victoza (once daily) increase the amount of GLP-1 available. Some people also experience weight loss while using these medications.

"As type 2 progresses, especially beyond 10 years, many people need to add insulin to control fasting and other blood glucose levels through the day," Irons says. "For starters, most providers use long-acting Lantus or Levemir."

Shed pounds. Weight loss, especially soon after diagnosis of type 2 diabetes, can help the hormonal disturbances, increase insulin sensitivity, and lower blood glucose levels. The best approach: "Make lifestyle changes, choose more healthy foods, trim the portions of less healthy foods, and crank up your physical activity," Monk says.

You'll see blood glucose drop before the pounds do. "Losing weight pushed my A1C from 6.9 percent to 5.8 percent and my average fasting blood glucose from 140 to 100," Beth says. She's lost 35 pounds by minimizing processed foods and added sugars and sticking to her carb counts. Pete, who weighs about

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Your actions can make up for the hormonal imbalance of type 2 diabetes and give you better morning numbers.

220 pounds, has focused on not gaining weight—a realistic goal. For people who have had type 2 diabetes for many years, losing weight alone is unlikely to correct fasting highs—medications are needed.

Nibble a bit before bed.

A small bedtime snack containing no more than 20 grams of carbohydrate can help you wake up with better fasting blood glucose, Monk says. A bedtime snack shortens the time span that the liver is in overdrive producing glucose. Pete says this has been one of several fasting fixes that work for him.

Get physical.

No matter what kind of aerobic activity you do or what time of day you do it, moving more enhances the body's response to insulin. "Being inactive is bad for us. Some is better than none; more is better than less," Monk says.

Work with your provider to mix and match solutions.

Consider the blood glucose numbers on your meter, your A1C results, your lifestyle, your schedule, the medications your health plan covers, and what you can afford. Use meter checks and regular A1C results to assess the solutions you try. Fasting blood glucose numbers tell you how you made it through the night. Checks midway through your sleep cycle cast light on what's happening overnight. Be ready to change your solutions if you don't hit your targets immediately and as your years with diabetes add up.

Other whys for morning highs

Here are two other situations that may cause high fasting blood glucose levels:

Dawn phenomenon happens as part of the body's normal circadian rhythm to wake you up and get you going. Hormones, such as growth hormone and cortisol, are released and raise glucose. Without diabetes, the body simply responds to this early morning effect by putting out more of the hormones that keep blood glucose in control. That doesn't happen when you have type 1 or type 2 diabetes.

Somogyi effect is very high fasting blood glucose thought to be caused by the liver making a lot of excess glucose in response to hypoglycemia (low blood glucose) during the night. Somogyi effect is uncommon in type 2 diabetes. There's controversy as to whether it even exists with the rapid- and long-acting insulins available today.

Hope Warshaw, R.D., CDE, BC-ADM, coauthored Real Life Guide to Diabetes *(American Diabetes Association, 2009) and is a contributing editor to* Diabetic Living.

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could your Type 2 diagnosis be wrong?

Some people diagnosed with type 2 diabetes actually have latent autoimmune diabetes in adults (LADA).

BY **Caitlin Thornton**

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Patient Name: Cherise Shockley, 28, PWD
Family History: No diabetes
Diagnosis: Latent autoimmune diabetes in adults (LADA)

Cherise was confused when the nurse practitioner on the military base where she was stationed five years ago told her she had diabetes. "I was thin, I was in shape, and I don't have a family history of diabetes," Cherise says. "But when I walked through the endocrinologist's door back home, he said, 'I know what you have just by looking at you.'" Numerous tests proved her doctor's suspicion was right: Antibodies in Cherise's blood indicated an autoimmune response. She had latent autoimmune diabetes in adults, or LADA.

"I was thin, I was in shape, and I don't have a family history of diabetes."

— Cherise Shockley, PWD LADA

6 fast facts about LADA

Trying to figure out the differences between type 1 and type 2 diabetes can be confusing enough. Here are some things to help you understand LADA:

1 There are more than two types of diabetes.

Latent autoimmune diabetes in adults (LADA) is a term used in the medical community for slow-moving type 1 diabetes diagnosed in adulthood. "In the past, type 1 was associated with kids, which is why we called it juvenile diabetes," says endocrinologist James McCallum, M.D., of the Scripps Clinic in La Jolla, California. But as type 2 started showing up in children, researchers began to learn it wasn't limited to adults—and type 1 wasn't limited to young people. "Now we recognize that there is a small subset of adults [diagnosed] with type 1 diabetes," McCallum says.

Could you have LADA?

Starting to question your type 2 diagnosis? Here are some clues that you may actually have latent autoimmune diabetes in adults (LADA):

- ☐ You're younger than 50.
- ☐ Your weight is in a normal range and/or you're active.
- ☐ You have a family history of autoimmune disease (thyroid problems, rheumatoid arthritis, etc.).
- ☐ You have no family history of type 2 diabetes.
- ☐ You require insulin because other blood glucose-lowering medications aren't working.

Shockley, Cherise

folder photos: **BLAINE MOATS;** people photos: **TWICE SHY DESIGN**

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2 LADA is often misdiagnosed as type 2 diabetes.

"Most diabetes, in general, is type 2," McCallum says. 90–95 percent of people with diabetes in the United States have type 2, according to the Centers for Disease Control and Prevention (CDC). Most adults with elevated blood glucose are part of the majority that has type 2.

But people with LADA typically don't fit the type 2 profile. "We're clinically suspicious in individuals who are younger than 50, who are lean, and who often don't have a family history with type 2 diabetes," McCallum says. But not all health care providers act on these suspicions, leaving some patients with an inaccurate diagnosis.

3 LADA is treated like type 1 and type 2.

LADA is an autoimmune disease—the body attacks itself by destroying beta cells, which produce insulin in the pancreas. But unlike people with type 1, people with LADA often don't need insulin right away. "It's an immune process that is not as quick as it is with type 1," says Sally Pinkstaff, M.D., Ph.D., an endocrinologist at Sinai Hospital in Baltimore. "Patients [with LADA] may have some insulin resistance, but they still may have beta cells in the pancreas. They can start treatment with oral medication like a person with type 2." Slowly, antibody cells destroy more beta cells, insulin levels dwindle, and insulin therapy becomes a must.

"I feel like I relate to both type 1s and type 2s. Not because I know what having diabetes as a child feels like, but because I've been on both pills and insulin." —Cherise

4 Misdiagnosis isn't the end of the world.

Eventually, people with LADA stop producing insulin. The honeymoon phase—the period when blood sugars can be controlled without insulin therapy—can last for a year or much longer. Cherise, for example, took oral meds for three years before she started insulin. "I have patients I've followed for many years who are still making insulin, even though I know they have LADA," Pinkstaff says.

After the honeymoon phase, people with LADA usually see a spike in glucose levels, despite their efforts to control them with diet, exercise, and non-insulin medications. The antibodies destroy too many insulin-producing beta cells, so doctors prescribe insulin to bring glucose levels closer to normal.

The right diagnosis can ease confusion and frustration. "It's better to know what you have from the beginning so you and your doctor know what to expect while monitoring your blood sugars," Pinkstaff says.

But the important thing is to manage your glucose levels to prevent problems. "Doctors should intervene sooner with insulin, if it is needed, whether the patient is type 2 or LADA," McCallum says.

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5 People with LADA are finding support in online communities.

People with LADA may experience confusion if they get the wrong diagnosis, frustration when the honeymoon ends, relief when they learn what they really have, and uncertainty about where they fit in the diabetes community.

Many are turning to online forums to share emotions, information, and advice about LADA. Cherise is involved in an online forum about LADA at **tudiabetes.org**. She also blogs at **diabetesdaily.com/shockley.**

But she also hopes for more resources. "There has to be something for us offline," Cherise says. "We can't call someone online and say, 'Let's have lunch.' You should always have someone you can relate to in real life—because you shouldn't do it alone."

"I wish there was more support and that more people recognized that people with LADA exist."

—Cherise

6 There are many unanswered questions about LADA.

The medical community has yet to establish several concrete conclusions about LADA. For example: Is type 1.5 an accurate descriptor for LADA? Or is it really just type 1? Some argue that 1.5 is incorrect because LADA is an autoimmune disease—the only thing that relates it to type 2 is beginning treatment with non-insulin meds. Others say LADA may have as much in common with type 2.

"There is research that shows type 1 is different from LADA," says Concepcion Nierras, Ph.D., a research director at the Juvenile Diabetes Research Foundation International (JDRF). "For example, we know that type 1 genes are different from type 2 genes. The gene that plays a role in LADA is a type 2 gene."

Another uncertainty is how many people even have LADA. A percentage of the CDC's estimated 90–95 percent of people with type 2 likely have LADA. Pinkstaff and McCallum estimate that figure is around 10 percent; McCallum says about 5 percent of the patients he sees have LADA. The fact that it's underdiagnosed poses a problem for researchers. "There are people trying to do clinical studies on LADA, but it's a hard population to find," Nierras says.

Now what?

If you suspect you have LADA:

1. Request a C-peptide test from your diabetes health care provider. This test shows how much insulin your pancreas is producing.

2. Request a GAD antibody test. A positive test means your body has cells that are attacking your immune system.

3. Look for an endocrinologist who specializes in LADA.

4. If you can't find a doctor who specializes in LADA, you and your provider can keep a close eye on your blood glucose levels and A1C reports, and change treatment if you're not hitting targets. Accurate treatment—not the label—is the best way to prevent complications.

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calling all couch potatoes

Here is the powerful case for making regular physical activity part of your diabetes care.

BY **Winnie Yu**

Exercise: Doctors, educators, even TV commercials tell us it's a key part of diabetes self-care. But many people living with diabetes (PWDs) seem to think more about exercising rather than actually doing it—and feel guilty in the process.

"Exercise doesn't get nearly the focus or attention it deserves," says Gary Scheiner, CDE, author of *Think Like a Pancreas* (Da Capo Press, 2004) and an exercise physiologist in Wynnewood, Pennsylvania. He says the effects of exercise can, in some cases, be as powerful as medications.

Case study

Getting daily physical activity is the secret weapon in your battle against diabetes and its complications. That became clear to Sunny Harris, PWD type 2, from Virginia Beach, Virginia. Sunny's average blood sugars had hit 150 mg/dl. He began watching his portions. In three months, his glucose levels dropped about 10 points.

But when Sunny, 67, started exercising, his sugars took a dive. After 12 weeks of strength training and walking on a treadmill five days a week, his average blood glucose hovered about 100 mg/dl.

"All my numbers were lower—my blood pressure, my cholesterol," Sunny says.

Expect good things

Exercise can lower blood sugar and improve sensitivity to insulin (whether it's the body's own or injected or pumped). Exercise also lowers blood pressure, total cholesterol, and LDL (bad) cholesterol, and increases HDL (good) cholesterol.

People who exercise regularly have more energy, manage weight more easily, and sleep better than people who don't exercise—and all those things help control blood glucose.

Regular physical activity also counters inflammation, which is at the root of many diseases, including type 2 diabetes, cancer, and heart disease. Exercise triggers enzymes that help cells use oxygen more effectively and prevent the oxidative damage that leads to disease, says Sheri R. Colberg, Ph.D., professor of exercise science at Old Dominion University in Norfolk, Virginia.

"When you look at ways to combat cancer and other diseases, physical activity is always on the list," Colberg says. Turn the page for effective ways to get moving.

Continued on page 46 »

photos: VEER

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novo nordisk: from our first patient to our latest innovation

Imagine your loved one, sick from a disease that the world doesn't fully understand. What lengths would you go to in finding a way to make them better? For our founder, Nobel Prize-winning scientist August Krogh, it was to the edge of discovery with his pioneering work in insulin treatment for diabetes. And his wife, Marie, was the first beneficiary—and our first patient.

Novo Nordisk has since become a world leader in diabetes care, driven by that same deeply human approach to everything we do. Our patient-centric philosophy has led to many innovations, including:

- Insulin analogs, the latest advancement over human insulins
- Revolutionary delivery devices that are simple to use
- Research, education and partnership initiatives that are pushing diabetes to the forefront of global health—and giving patients a voice

Together, we can defeat diabetes in our lifetime.

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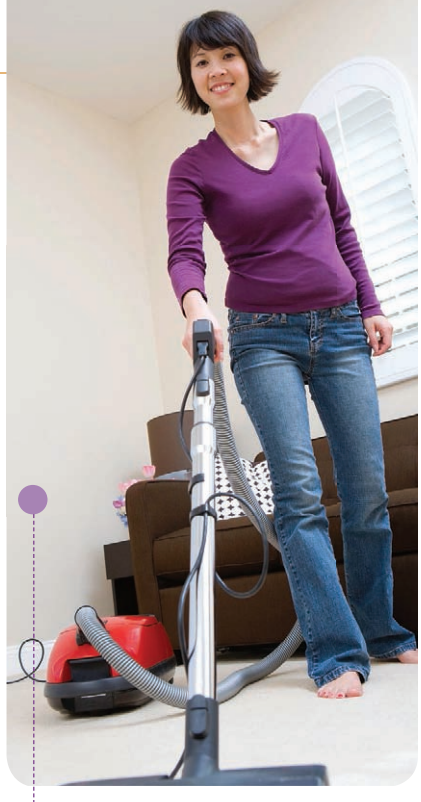
» Continued from page 44



Types of exercise

Ideally, PWDs need a mix of aerobic, strength, and flexibility exercises.

Aerobic exercise, such as brisk walking or biking, lowers blood sugar by using up excess glucose circulating in the blood.

Strength training builds muscles, which give your body places to store excess carbohydrate so it doesn't convert to fat. Strength training also uses up fuel already stored in your muscles.

Flexibility training, such as yoga, helps maintain range of motion around the joints, making balance and everyday activities easier and more comfortable.

Where to move

You don't need a fancy home gym or even a gym membership. Daily activities—such as vacuuming, sweeping, and raking—count as exercise. "My blood sugars drop when I do laundry and go grocery shopping," says Scheiner, PWD type 1.

Even gentle physical exercise such as tai chi can affect blood sugar. A study, coauthored by Beverly Roberts, Ph.D., R.N., of the University of Florida College of Nursing in Gainesville, found one hour of tai chi twice a week in a class along with 20 minutes of practice at home three times a week effectively lowered blood glucose.

How much, how often

Scheiner recommends 20–30 minutes of aerobic exercise most days and strength-training exercises two or three times a week. If you want to lose weight, build up to exercising 60 minutes most days and increase the intensity of what you do as your fitness improves.

High-intensity exercises, although healthful for people accustomed to exercising, are not necessary. A study in the journal *Diabetes Care* found that people who exercised moderately more often on a treadmill or elliptical trainer experienced greater improvements in pancreas function than those who exercised vigorously in less time. Both kinds of activity were equally effective at improving insulin resistance and much better than doing nothing at all, says the study's lead author, Cris Slentz, Ph.D., of Duke University in Durham, North Carolina.

To get started after years of inactivity, simply move more. "Stand up when you're on the phone. Take more steps during the day. It really does make a big difference."

—Sheri R. Colberg, Ph.D., professor of exercise science, Old Dominion University, Norfolk, Virginia

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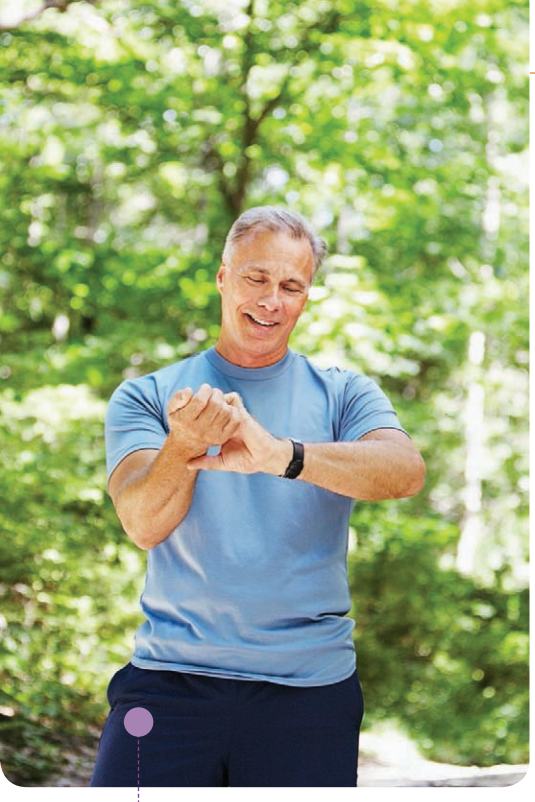

When to move

Any time is good, but aerobic activity after a meal is more likely to lower blood glucose. A study by Colberg found that a 20-minute walk after dinner was more effective at lowering blood glucose than the same walk before eating.

Some PWDs shy away from exercise for fear that the activity will cause blood sugar to plummet. It's a legitimate concern for people who use insulin-to-carb ratios or some types of oral medications. If you take drugs that encourage the production of insulin, such as sulfonylureas or meglitinides, ask your doctor about proper dosing when you add exercise to your day.

Sometimes a high-intensity workout can raise blood glucose. Rigorous activities increase stress hormones such as adrenaline, which triggers the liver's secretion of glucose into the blood. But the increase is temporary and the benefits of exercise are lasting.

Listen to your body

Don't let complications stop you from exercising, Colberg says. Just talk to your provider first.

People with proliferative diabetic retinopathy who have an active hemorrhage in the eye should avoid exercise to prevent further bleeding. People with a stable retina can exercise but should avoid holding their breath or putting the head lower than the heart, which can affect eye nerves.

If you have heart disease, measure your heart rate and monitor chest pain, Colberg says. Work with your doctor to determine a safe training range for your heart rate. Colberg says the high end should be 10 beats per minute lower than the point where you experience chest pain.

For people with loss of sensation and/or pain in the feet and legs, it's important to wear proper footwear and treat sores promptly. Non-weight-bearing activities, such as swimming, may be best.

True story

Starting to exercise is never easy, especially when you haven't done anything active in a while. Just ask Carolee Beckham, PWD type 2, of Norfolk, Virginia. Carolee, 69, used to have to ride on an electric cart when she did her grocery shopping.

In March 2009, Carolee became part of a study on exercise and diabetes. She lasted barely 10 minutes on a treadmill and spent 30 minutes recovering before she could leave the building. But after two weeks of walking a little more every day, she was able to do 45 minutes on the treadmill at a pace of 2 miles per hour.

Carolee no longer hitches rides on carts, and last summer she walked 2 miles after watching a fireworks display. "A year ago, I would have said, 'Are you crazy? Me walk a mile in the heat of July?' " Carolee says. "Now I have a lot more energy."

Winnie Yu wrote about support groups in our Spring issue. See her health blog at **healthwritermom.wordpress.com.**

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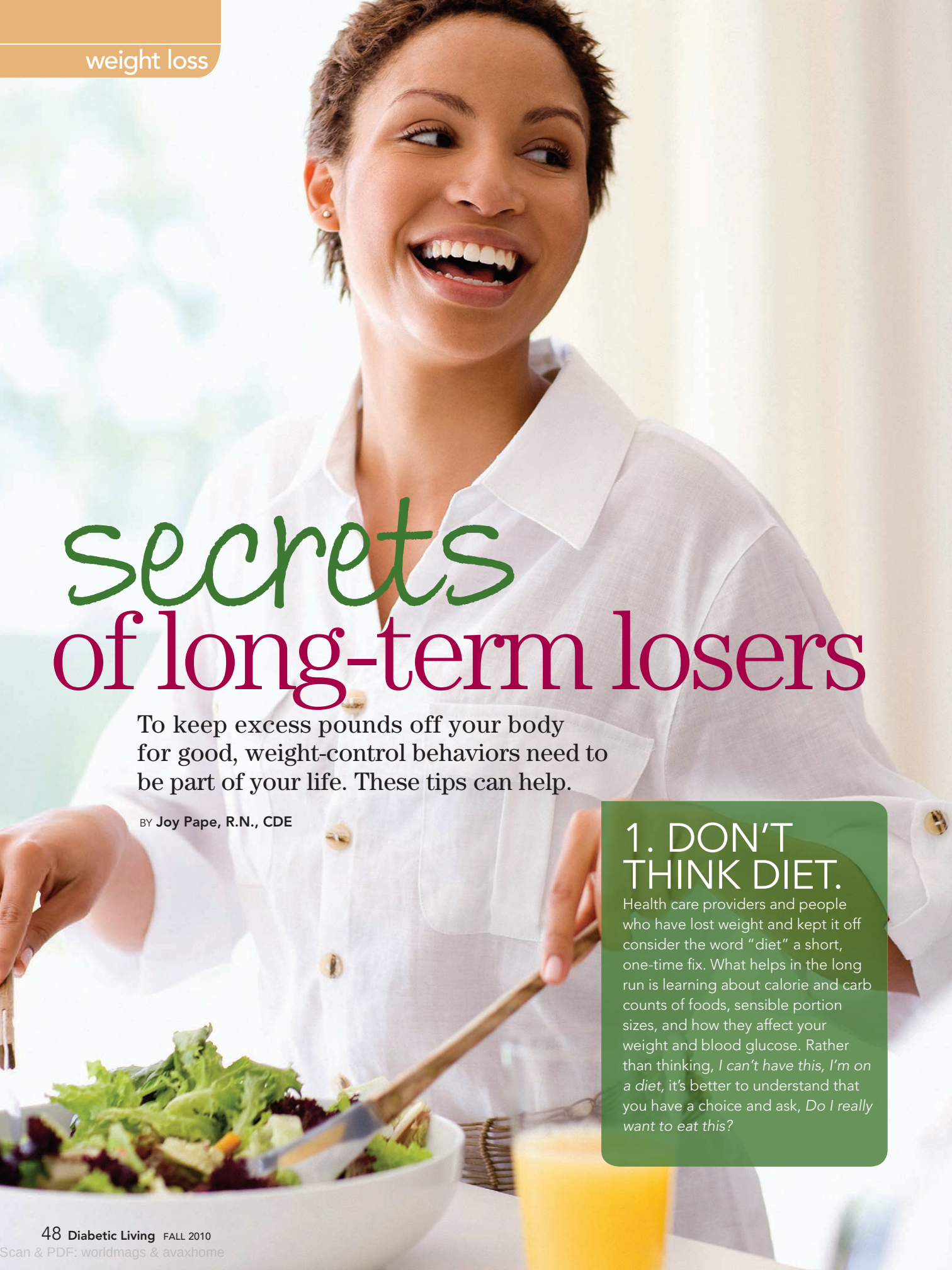

secrets of long-term losers

To keep excess pounds off your body for good, weight-control behaviors need to be part of your life. These tips can help.

BY **Joy Pape, R.N., CDE**

1. DON'T THINK DIET.

Health care providers and people who have lost weight and kept it off consider the word "diet" a short, one-time fix. What helps in the long run is learning about calorie and carb counts of foods, sensible portion sizes, and how they affect your weight and blood glucose. Rather than thinking, *I can't have this, I'm on a diet*, it's better to understand that you have a choice and ask, *Do I really want to eat this?*

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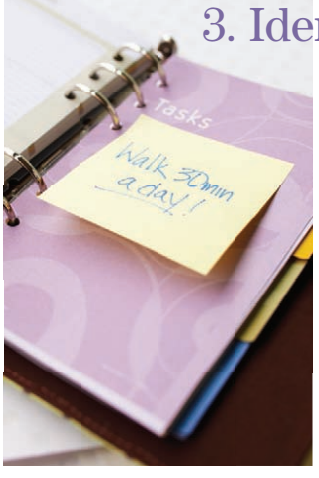
2. GET ADEQUATE, GOOD-QUALITY REST.

Getting insufficient sleep, or sleep that's disrupted, can cause you to be overweight. Several studies have shown that short sleep and poor sleep quality (sometimes caused by sleep apnea) can disrupt your hormones. This can lead to increased appetite as well as overeating. Aim for at least 6–8 hours of sleep per night. If you snore or your sleep is regularly disrupted, talk with your health care provider about ways for you to get a good night's rest.



3. Identify weight loss barriers.

The Weight-Control Information Network (WIN), an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), recommends that you identify the factors that have prevented you from losing weight and come up with solutions to be successful. For example, if you think, *I don't have time to exercise,* it's a barrier to being more active. A solution is to find specific ways to be active in your everyday life—add walking to your daily to-do list (and check it off when completed), take the stairs, get off the bus one stop early, put on music and dance while you do your chores.

4. Practice best behaviors.

The National Weight Control Registry (NWCR), established in 1994, tracks more than 5,000 people who have lost significant amounts of weight and kept it off for long periods of time. Most NWCR members continue to follow a low-calorie, low-fat diet and engage in high levels of daily physical activity (60 minutes or more). Other helpful weight-maintenance behaviors:

- ✔ 78% eat breakfast every day.
- ✔ 75% weigh themselves at least once a week.
- ✔ 62% watch less than 10 hours of TV weekly.
- ✔ 90% exercise daily.

5. Don't buy tempting foods.

"Make it easy on yourself," says Judith Wylie-Rosett, M.D., Ed.D., R.D., professor of epidemiology at Albert Einstein College of Medicine in Bronx, New York, and coauthor of *The Complete Weight Loss Workbook* (ADA, 2007). "Keep tempting foods out of your house." If you live with others, chat with them about your weight-maintenance goals and the importance of avoiding certain foods.

6. WRITE IT DOWN.

"Keeping a diary of what you eat helps keep you aware of problem foods or behaviors that make managing your weight and diabetes harder," Wylie-Rosett says. A study published in the 2008 *American Journal of Preventive Medicine* reported that people who kept food diaries six days a week lost about twice as much weight as those who kept records one day a week or less. To maintain weight loss, many successful losers continue to journal the foods they eat.

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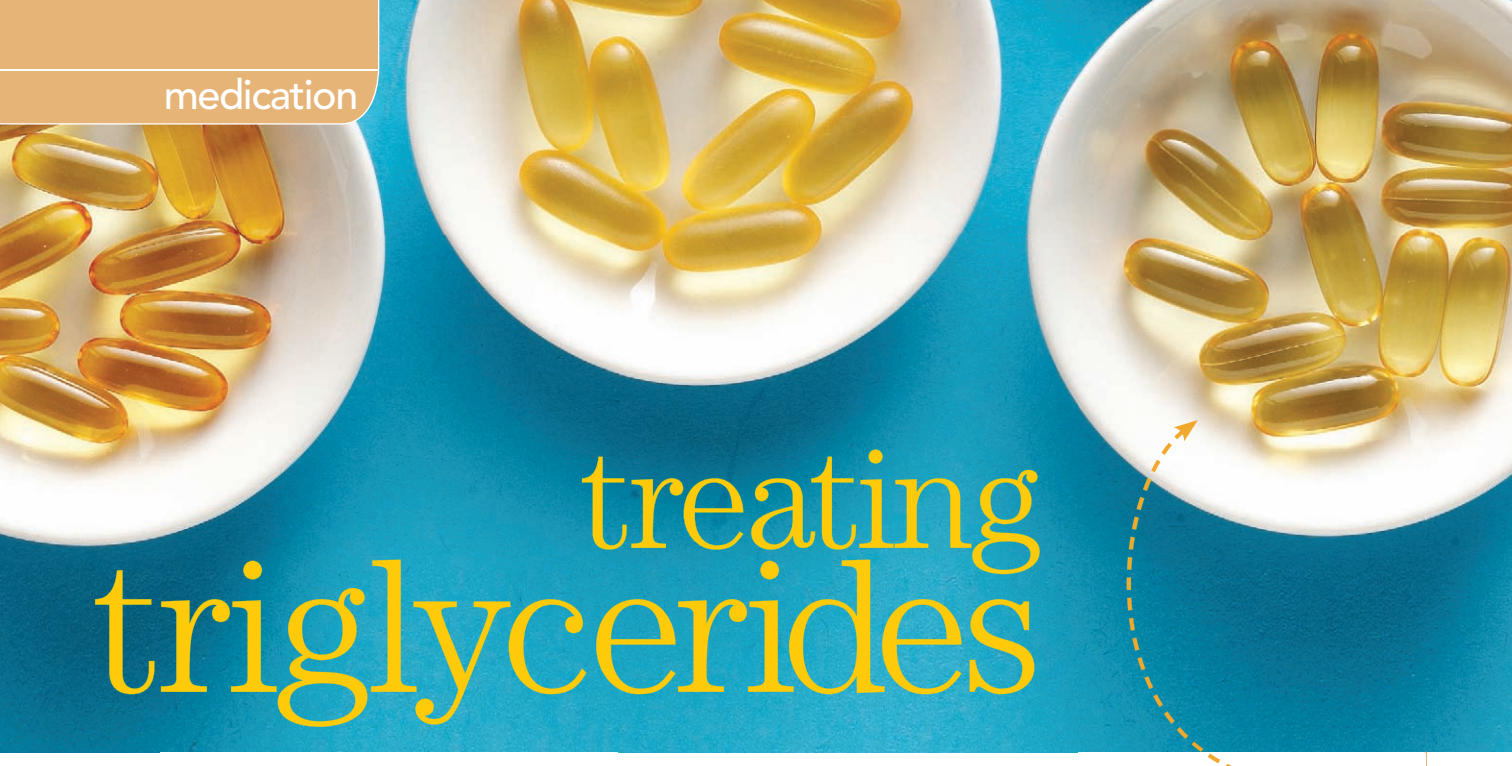

treating triglycerides

Managing these blood fats can help you take care of your heart.

BY **Susan B. Sloane, R.Ph., CDE, CPT**

You've probably heard plenty about LDL (bad) cholesterol and the need to control it to lower your risk of cardiovascular disease (CVD). But there are other "bad" fats, or blood lipids, that harm blood vessels: triglycerides. If you have high triglycerides, you may want to talk to your health care provider about adding medication.

Triglycerides are clusters of fat cells made from excess carbohydrate and fat we consume. Normally they are stored as fat for a long-term energy reserve; excess triglycerides are dense and clog blood vessels.

High triglyceride levels result from several risk factors and causes, such as excessive intake of refined sugars and saturated fats, smoking, excessive alcohol consumption, lack of physical activity, stress, and type 2 diabetes.

High triglyceride levels can be treated with healthful eating and exercise, over-the-counter supplements, and prescription drugs.

The degree of harm to blood vessels directly correlates to how vigilant a person has been with diet, exercise, and medication, says Joel Rosenberg, M.D., a cardiac surgeon in New York. "Patients with low LDL are not risk-free from cardiac damage if they don't exercise and watch triglycerides as well."

For people with diabetes, controlling blood glucose can help lower triglyceride levels because less excess glucose is available in the blood to be converted into triglycerides.

Lifestyle changes

The American Diabetes Association recommends lifestyle modifications as the first line of defense against abnormal cholesterol and triglycerides in people with type 2 diabetes. Such steps can prevent or reduce the need for LDL cholesterol-lowering medications. One key change is losing excess weight—and you may not need to lose much. Moderate weight loss (10 pounds or more) in overweight individuals has been shown to lower triglyceride levels by up to 22 percent.

Physical activity also helps. The National Institutes of Health suggests moderate exercise, such as brisk walking, five days a week (it's good for blood glucose, too). In addition to lifestyle changes, however, medication may be necessary to treat triglycerides.

> Over-the-counter omega-3 supplements usually contain 300 mg per capsule. It would take up to 12 capsules to achieve the daily amount (2–4 grams) recommended to lower high triglycerides.

Triglyceride levels

Normal	Elevated	High	Very High
<150 mg/dl	150–199 mg/dl	200–499 mg/dl	>500 mg/dl

photos: **SCOTT LITTLE;** food styling: **GREG LUNA**

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People with high triglyceride levels should limit daily fat calories to 10 percent of total calories. Any excess is converted into triglycerides to be stored as fat. —American Diabetes Association

Statins

This class of drugs lowers triglycerides and LDL cholesterol by decreasing the amount of cholesterol produced in the liver. Evidence suggests statins significantly reduce the risk of CVD in people with diabetes. Statins differ in their ability to lower LDL cholesterol levels, so doses for each medication need to be tailored to your therapy and how your body responds to it.

Your doctor may recommend another drug in addition to a statin, says Tara Dall, M.D., a lipidologist in Delafield, Wisconsin. "Drugs such as niacin and fibrates provide additional lipid benefits when used in combination with a statin," she says.

Niacin

High-dose nicotinic acid, a derivative of the B vitamin niacin that's available by prescription, is used in high doses to treat high triglycerides. Prescription niacin also significantly increases HDL (good) cholesterol. So why isn't everyone taking it? Because high doses bring side effects such as flushing, nausea, dizziness, liver damage, and increased blood glucose. To find the right dose, niacin treatment often starts at a low dose and is gradually increased.

Fibric acids

Fibrates, or fibric acids, are the drugs of choice for the targeted treatment of high triglycerides. They lead to lower levels of very low density lipoproteins (VLDLs)—a larger form of LDL cholesterol—and triglycerides. Fibrates help lower the amount of free triglycerides circulating in the blood. Fenobribrate is often favored over gemfibrozil because it's taken once daily and has minimal liver interaction.

Omega-3 fatty acids

Certain foods, such as those shown *at left,* provide the most important triglyceride-lowering omega-3 polyunsaturated fatty acids (PUFAs)—docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Over-the-counter (OTC) supplements deliver these fatty acids, too. "Although many patients want to use OTC supplements instead of the more expensive prescription treatment, the dosages of OTC omega-3 supplements are insufficient to produce good results in bringing down triglycerides," Dall says. For very high triglycerides, a prescription form of PUFAs, Lovaza, may be necessary. Gastrointestinal discomfort and fishy aftertaste are potential side effects of PUFAs. Taking PUFAs with food may minimize these side effects.

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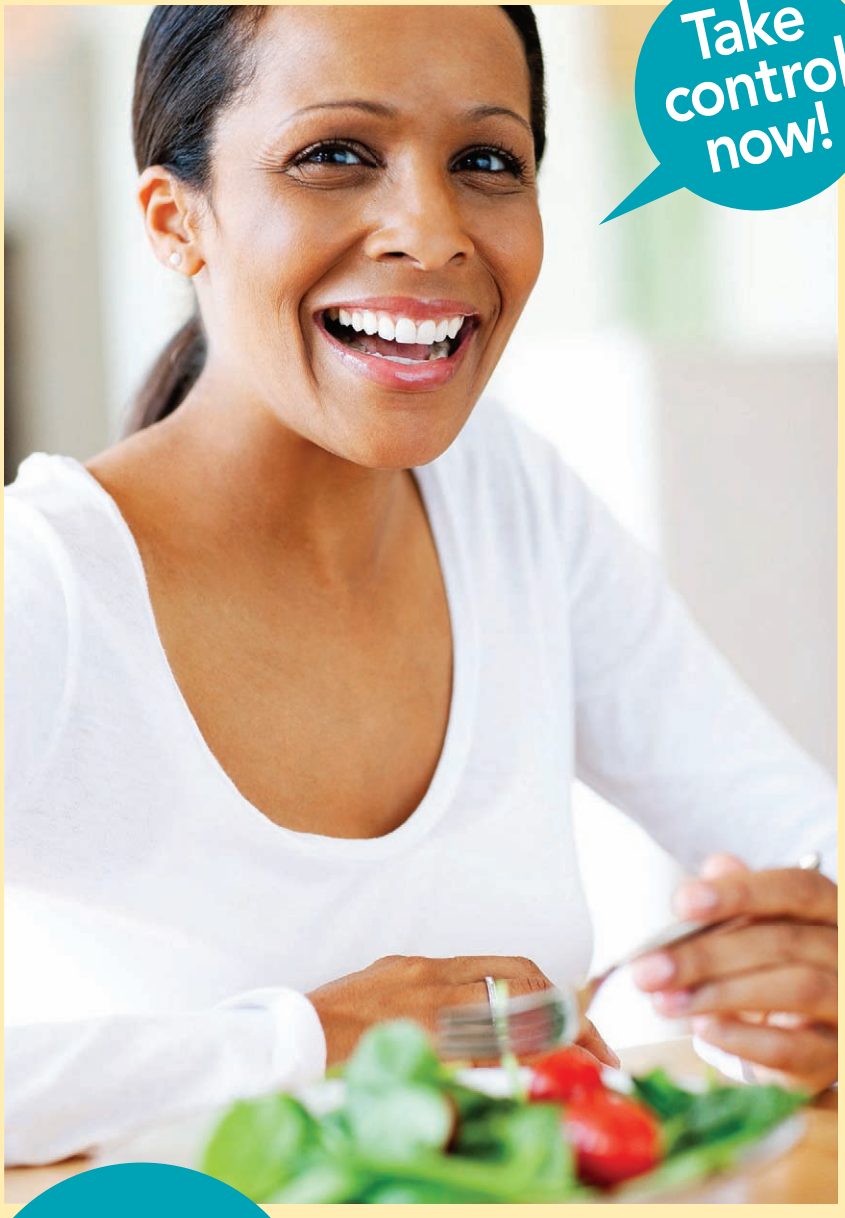
What to Eat with Diabetes

Get your free 6-week diabetes education course, which explains how to eat your way to lower blood sugar. Each lesson is conveniently delivered to your e-mail account.



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People with diabetes *can* lose weight permanently!

People with diabetes typically have higher than average insulin and blood sugar levels. This is one of the main reasons why it is especially difficult for them to lose weight. New scientific studies lend hope: With the help of a special meal replacement, people with diabetes are able to lose weight and improve their blood levels significantly.

Almased customer Carlton Williams from St. Petersburg, FL shares his experience:

"I am 72 years old and I've had diabetes for six years. I started using Almased two years ago. At the time, my glucose level was 265. My cholesterol and triglycerides were both high. I turned to Almased. Two years later I've lost more than 42 pounds, my cholesterol and triglycerides are in normal range and my fasting sugar is now in normal range as well. My doctor said: Congratulations, I'm taking you off your diabetes medication!

Depending on how I feel, I use Almased once a day or sometimes up to three times a day. A shake of Almased fills me up, so I feel just right to move around and have energy for the day. I try to walk on the treadmill every day to stay active. This product really works and I would recommend it to anyone."

"I would recommend Almased to others! I'm a firm believer in this product. I know it works!"

Almased is a powder made from high-quality soy, probiotic yogurt and natural liquid honey. Honey enzymes, protein, micro-phytochemicals from soy and yogurt cultures are the main ingredients that make Almased so effective. Almased activates the metabolism and increases fat loss while retaining muscle mass. It mixes easily with water, skim milk or soy milk. Use it to replace all three meals each day to start and then gradually reduce to replacing two meals and then one meal later on.

Weight loss starts in your head

It has been proven that a diet with Almased leads to higher weight loss, especially in the abdominal area, than a typical diet. As a result, the insulin level decreases, which improves the fat burning process. At the same time, the feeling of satiety, which is regulated by hormones, improves as well.

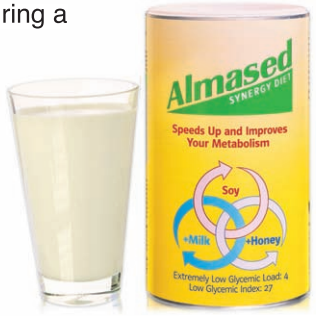
Scientific studies have shown that people with diabetes can significantly reduce their insulin level as well as the equally important leptin level by taking 50 grams of Almased in addition to their regular meal plan.

Insulin and fat storage, where is the correlation?

Insulin is a "storage hormone" and regulates the metabolism of carbohydrates and fat. A high insulin level creates increased fat storage in the fat cells and simultaneously slows down the breakdown of fat. Since Almased has a very low glycemix index (27), the insulin level decreases significantly during a diet with Almased. This leads to an improved fat burning process as well as improved blood levels.

The basal metabolic rate needs to be right!

The basal metabolic rate is the amount of calories that the body uses while at rest. During a hunger phase the body switches into starvation mode. It uses the calories it gets as slowly and thoroughly as possible, thus reducing the basal metabolic rate. Only then does the body tab into fat reserves. It gets the energy it needs from muscle protein first before it attacks the fat storage. After each diet, the body gets used to the lower basal metabolic rate instead of switching back to a "normal mode of operation". At the same time, the thyroid function gets out of balance. **The result is the notorious yo-yo effect. This does not happen on a diet with Almased.**



Almased - the best nature has to offer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
As always, consult your doctor or health care team before beginning any weight-loss program or reducing your dosage of current medications.

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Scientific studies prove that taking only 50 grams of Almased daily lowers the insulin level – an important prerequisite for a successful diet.

Almased for people with diabetes – this is how it works:

Make your Almased shake using 8 level tablespoons (= one carb unit) of Almased in water. Check your blood sugar level two hours after drinking the shake. It should ideally be between 120 and 140mg/dl.

More than a weight loss product: What else Almased can do for you

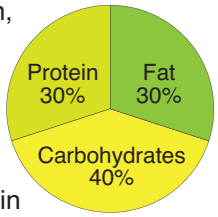
Almased boosts your immune system and energy level, supports restful sleep and improves overall well-being. It is also an ideal supplement for athletes, vegetarians and the elderly because of its high-quality protein.

Eat more protein!

Pharmacist Rudolf Keil talks about the latest discoveries in diabetes research

The Cochrane Collaboration is an independent, international network of researchers, doctors and health experts. Their goal is to evaluate medical therapies from a scientific standpoint and keep them up-to-date. The organization has 22,000 members worldwide (www.cochrane.org).

A recently published study by Cochrane concludes that a diet with a low glycemic index (the glycemic index indicates the effect of a food item on the blood sugar level) is superior to other diets. Additionally, the renowned Joslin Diabetes Center has given a clear recommendation for the most effective diet for people with diabetes, based on the latest scientific findings.



According to the Joslin recommendation, a diet for people with diabetes should consist of 40% carbohydrates, 30% fat and 30% protein. The experts there also point out that an effective diet for people with diabetes needs to contain significantly more protein than what used to be assumed. In order to implement the recommendations by Cochrane and Joslin, include Almased in every diet.

Find more information here

Lose weight without feeling hungry with the Almased Figure Plan: The 14-Day-Program, your guidelines for a slimmer body with nutritional advice and recipes. Losing 10 pounds in 14 days *is* possible with this plan for the dream figure you have always wanted. Call us toll-free at **1-877-ALMASED** (1-877-256-2733) or visit **www.almased.com** for more information, to place an order and to receive your FREE copy of the Almased Figure Plan. You can also find us in health food stores. Check your local health food store for availability or use our extensive online store locator.

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Ultimate Spaghetti and Meatballs

—TABLE FOR TWO—

slow & easy

These hearty slow-cooked meals are sized to serve two. Use a petite 1½- to 2-quart slow cooker to make a fix-now, eat-later delight.

RECIPES BY **Laura Marzen** PHOTOS BY **Blaine Moats** FOOD STYLING BY **Greg Luna**

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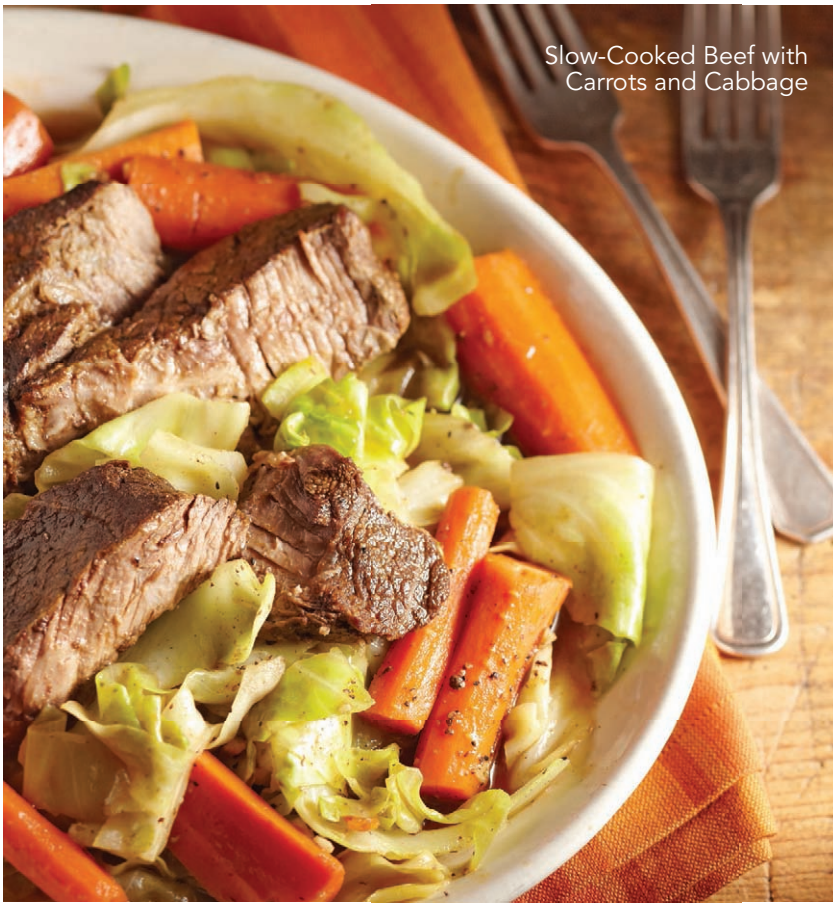
Ultimate Spaghetti and Meatballs

Colorful veggies and a well-seasoned sauce give this dish ultimate flavor.

SERVINGS 2 (about ½ cup cooked spaghetti and 1¼ cups meatball mixture each)
CARB. PER SERVING 37 g
PREP 25 minutes **COOK** 4 to 5 hours (low) or 2 to 2½ hours (high)

- 1 cup fresh button or cremini mushrooms, quartered
- ½ cup thinly sliced sweet onion
- ⅓ cup thin bite-size strips red and/or yellow sweet pepper
- 6 1-ounce refrigerated Italian-style cooked turkey meatballs
- 1 8-ounce can no-salt-added tomato sauce
- 2 tablespoons no-salt-added tomato paste
- 1 teaspoon dried Italian seasoning, crushed
- 2 cloves garlic, minced
- 1½ ounces dried multigrain spaghetti

1. In a 1½- or 2-quart slow cooker, combine mushrooms, onion, and sweet pepper. Top with meatballs. In a small bowl, combine tomato sauce, tomato paste, Italian seasoning, and garlic. Pour over mixture in cooker.
2. Cover and cook on low-heat setting 4 to 5 hours or on high-heat setting 2 to 2½ hours. If no heat setting is available, cook 3 to 3½ hours.
3. To serve, cook spaghetti according to package directions; drain. Divide spaghetti between serving plates. Top with meatball mixture. If desired, garnish with *fresh basil*.
PER SERVING: 357 cal., 12 g total fat (3 g sat. fat), 91 mg chol., 435 mg sodium, 37 g carb., 8 g fiber, 25 g pro. Exchanges: 2 vegetable, 1.5 starch, 2.5 medium-fat meat. Carb choices: 2.5.


Slow-Cooked Beef with Carrots and Cabbage

Slow-Cooked Beef with Carrots and Cabbage

SERVINGS 2 (about 3 ounces cooked meat and ¾ cup vegetables each)
CARB. PER SERVING 14 g **PREP** 20 minutes **COOK** 7 to 8 hours (low) or 3½ to 4 hours (high), plus 30 minutes (high)

- 8 ounces boneless beef chuck pot roast
- ¼ teaspoon dried oregano
- ¼ teaspoon ground cumin
- ¼ teaspoon paprika
- ¼ teaspoon black pepper
- 3 medium carrots, cut into 2-inch pieces
- 2 small garlic cloves, minced
- ⅓ cup lower-sodium beef broth
- 2 cups coarsely shredded cabbage

1. Trim fat from meat. In a small bowl, combine oregano, cumin, paprika, pepper, and ⅛ teaspoon *salt*. Sprinkle mixture over meat; rub in with your fingers. Coat a medium skillet with *nonstick cooking spray*; heat skillet over medium heat. Add meat to skillet; brown on all sides.
2. Meanwhile, in a 1½- or 2-quart slow cooker, combine carrots and garlic. Pour broth over carrots. Top with meat.
3. Cover and cook on low-heat setting 7 to 8 hours or on high-heat setting 3½ to 4 hours. If no heat setting is available, cook 5 to 5½ hours.
4. If using low heat, turn to high heat (if no heat setting is available, continue cooking). Add cabbage. Cover and cook 30 minutes more.
PER SERVING: 214 cal., 5 g total fat (2 g sat. fat), 50 mg chol., 379 mg sodium, 14 g carb., 5 g fiber, 27 g pro. Exchanges: 2 vegetable, 3.5 lean meat. Carb choices: 1.

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Chicken and Cornmeal Dumplings

Use skinless bone-in chicken thighs—they won't get overly dry during the slow-cooking process.

SERVINGS 2 (2 dumplings and 1½ cups chicken mixture each)
CARB. PER SERVING 47 g **PREP** 25 minutes
COOK 7 to 8 hours (low) or 3½ to 4 hours (high), plus 20 minutes (high)

- 2 medium carrots, thinly sliced
- 1 stalk celery, thinly sliced
- ⅓ cup fresh or frozen corn kernels
- ½ of a medium onion, thinly sliced
- 2 cloves garlic, minced
- 1 teaspoon snipped fresh rosemary or ½ teaspoon dried rosemary, crushed
- ¼ teaspoon black pepper
- 2 chicken thighs, skinned
- 1 cup reduced-sodium chicken broth
- ½ cup fat-free milk
- 1 tablespoon all-purpose flour
- 1 recipe Cornmeal Dumplings (right)

1. In a 1½- or 2-quart slow cooker, combine carrots, celery, corn, onion, garlic, rosemary, and pepper. Top with chicken. Pour broth over mixture in cooker.
2. Cover and cook on low-heat setting 7 to 8 hours or on high-heat setting 3½ to 4 hours. If no heat setting is available, cook 5 to 5½ hours.
3. If using low heat, turn to high heat (if no heat setting is available, continue cooking). Transfer chicken to a cutting board; cool slightly. When cool enough to handle, cut chicken off bones; discard bones. Chop chicken; return to mixture in cooker. In a small bowl, combine milk and flour until smooth. Stir into mixture in cooker.
4. Using two spoons, drop Cornmeal Dumplings dough into four mounds on top of hot chicken mixture. Cover and cook 20 to 25 minutes more or until a toothpick inserted into a dumpling comes out clean. (Do not lift cover during cooking.)
CORNMEAL DUMPLINGS: In a medium bowl, stir together ¼ cup all-purpose flour, ¼ cup cornmeal, ½ teaspoon baking powder, and dash salt. In a small bowl, combine 1 egg white, 1 tablespoon fat-free milk, and 1 tablespoon canola oil. Add egg mixture to flour mixture; stir just until moistened.
PER SERVING: 369 cal., 10 g total fat (1 g sat. fat), 55 mg chol., 582 mg sodium, 47 g carb., 5 g fiber, 24 g pro. Exchanges: 1 vegetable, 2.5 starch, 2 lean meat, 1 fat. Carb choices: 3.

Chicken and Cornmeal Dumplings

Get a head start on dinner: Prepare the veggies for a slow cooker recipe the night before you plan to enjoy a hearty meal.

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breakfast to go

Need help squeezing in the most important meal of the day? Breakfast is a breeze with these make-and-take ideas.

BY **Marsha McCulloch, R.D., L.D.**

Q: I don't eat breakfast and need ideas—especially easy ways to make breakfast I can take with me on the go.
—Audrey Koenigsberg, PWD type 2
Columbia, Maryland

A: Eating a healthful breakfast can help you control your blood glucose, hunger, and weight. Breakfast is a chance to fill up on healthful fuel for your day's activities and fit in some important food groups. Get more mileage out of your meal by including satisfying fiber from whole grains and fruit and protein from low-fat dairy products and other lean protein sources. If you're not hungry in the morning, start with a partial meal and build up. Turn the page for six easy-to-assemble breakfasts to jump-start your day.

BUILD A MEAL

WHOLE GRAIN
For the starch portion of your meal, fit in this carbohydrate source.

+

DAIRY/ PROTEIN
Protein digests more slowly than carbohydrate, helping you feel satisfied.

+

FRUIT
Rich in essential vitamins, minerals, and fiber, fruit is a healthful carbohydrate source.

=

HEALTHFUL BREAKFAST

This satisfying breakfast has 6.5 grams of fiber and 21 grams of protein, plus the berries are packed with antioxidants.

photos: BLAINE MOATS and SCOTT LITTLE; food styling: NICOLE FABER-PETERSON

Build this quick-fix meal and 5 more.
See page 62

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For these recipes, visit splenda.com

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Continued from page 60 »

Make-and-take breakfasts

Each of these portable breakfasts has about 45 grams of carbohydrate and good sources of fiber and protein.

+ WHOLE GRAIN

Whole wheat English muffin and 1 teaspoon light vegetable oil spread

Weight Watchers 100% Whole Wheat Pita Pocket, halved

Fiber One frozen blueberry muffin, thawed

+ DAIRY/ PROTEIN

Morningstar Farms Original vegetable sausage patty and 3/4 ounce reduced-fat cheese

1/2 cup low-fat cottage cheese

Hard-cooked egg

+ FRUIT

3/4 cup blueberries

1 small banana, sliced, and 4 walnut halves, chopped

1 cup cantaloupe cubes

= YUM!

NUTRITION INFORMATION
339 cal., 10 g total fat (4 g sat. fat), 15 mg chol., 681 mg sodium, 42 g carb., 6.5 g fiber, 21 g pro.

NUTRITION INFORMATION
307 cal., 8.5 g total fat (2 g sat. fat), 10 mg chol., 621 mg sodium, 46 g carb., 11 g fiber, 21 g pro.

NUTRITION INFORMATION
312 cal., 9 g total fat (3 g sat. fat), 232 mg chol., 278 mg sodium, 46 g carb., 8.5 g fiber, 10 g pro.

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Amy's Apple Toaster Pop

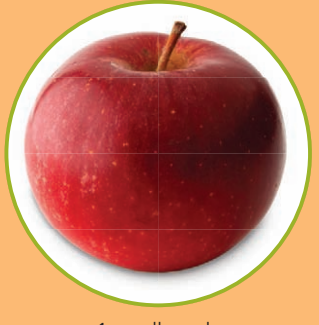
Thomas' 100% Whole Wheat Mini Bagel

1 cup Kashi GoLean cereal

Light string-cheese stick

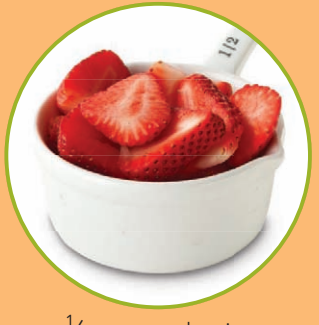
1 tablespoon Smucker's Natural Creamy Peanut Butter

¾ cup fat-free milk



1 small apple

1 large orange



½ cup strawberries, sliced

NUTRITION INFORMATION
260 cal., 6 g total fat (2 g sat. fat), 10 mg chol., 271 mg sodium, 43 g carb., 3.5 g fiber, 9 g pro.

NUTRITION INFORMATION
296 cal., 3.5 g total fat (2 g sat. fat), 15 mg chol., 590 mg sodium, 45 g carb., 5 g fiber, 17 g pro.

See the cereal to-go container, page 12.

NUTRITION INFORMATION
226 cal., 1 g total fat (0 g sat. fat), 4 mg chol., 162 mg sodium, 45 g carb., 11.5 g fiber, 19.5 g pro.

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cover recipe!

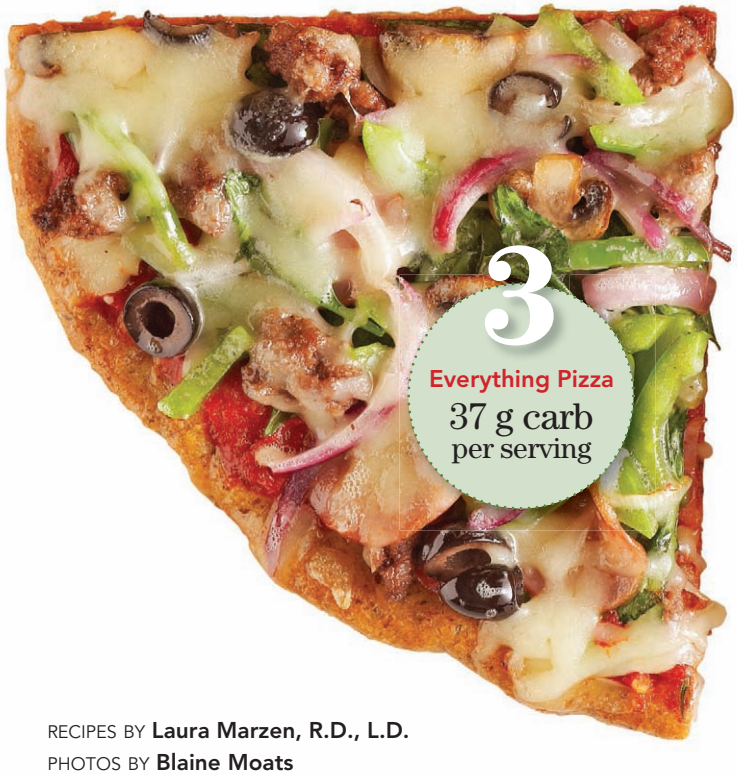
1

Chicken Italiano Pizza
33 g carb
per serving

2

Southwest Black Bean Pizza
41 g carb
per serving

you chose the winner… now choose dinner!



3

Everything Pizza
37 g carb
per serving

We asked you to help us pick the cover for this issue—and you delivered. Now pick from three delicious ways to top your pizza, *all under 45 g carb!*

RECIPES BY **Laura Marzen, R.D., L.D.**
PHOTOS BY **Blaine Moats**
FOOD STYLING BY **Nicole Faber-Peterson**

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THE BASE
Whole Grain Pizza Crust

Whole wheat flour, cornmeal, and flaxseed meal make this tender, thin crust distinctive.

SERVINGS 8 (1/4 crust each; recipe makes two 12-inch crusts total)
CARB. PER SERVING 27 g
PREP 20 minutes **RISE** 2 1/2 hours
STAND 10 minutes

- **1 1/4 to 1 1/2 cups bread flour or all-purpose flour**
- **3/4 cup whole wheat flour**
- **1/4 cup yellow cornmeal**
- **1/4 cup flaxseed meal**
- **1 teaspoon active dry yeast**
- **1 teaspoon kosher salt**

1. In a large bowl, combine 1 cup of the bread flour, the whole wheat flour, cornmeal, flaxseed meal, yeast, and salt. Add 1 cup *warm water* (105°F to 115°F); stir until combined. Turn out dough onto a lightly floured surface. Knead in enough of the remaining 1/4 to 1/2 cup bread flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total).
2. Shape dough into a ball. Place in a lightly greased bowl, turning once to grease surface of dough. Cover and let rise in a warm place until double in size (2 1/2 to 3 hours).
3. Punch down dough. Turn out dough onto a lightly floured surface. Divide dough into two portions. Cover and let rest 10 minutes. Use as directed in individual pizza recipes.
PER SERVING: 144 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 245 mg sodium, 27 g carb., 3 g fiber, 5 g pro. Exchanges: 2 starch. Carb choices: 2.

THE TOPPINGS
1. Chicken Italiano Pizza

Fans of white pizza will love this version featuring chicken and Alfredo sauce.

SERVINGS 4 (1/4 pizza each)
CARB. PER SERVING 33 g
PREP 25 minutes **BAKE** 14 minutes

- **1 tablespoon yellow cornmeal**
- **1 portion Whole Grain Pizza Crust (left)**
- **1/3 cup purchased light Alfredo pasta sauce combined with 1 teaspoon snipped fresh rosemary or 1 teaspoon purchased basil pesto**
- **1 cup chopped or shredded cooked chicken breast (5 ounces)**
- **3/4 cup cherry tomatoes, halved, or 2 medium roma tomatoes, thinly sliced**
- **1/2 of a medium zucchini, thinly sliced**
- **3/4 cup shredded reduced-fat Italian cheese blend (3 ounces) or 3 ounces fresh mozzarella cheese, sliced**
- **1/4 cup small fresh basil leaves**

1. Preheat oven to 425°F. Grease a 14-inch round baking stone, 12-inch pizza pan, or large baking sheet. Sprinkle with cornmeal; set aside. On a lightly floured surface, roll pizza crust dough into a 12-inch circle. Transfer to the prepared pan. Prick dough with a fork. Bake 6 to 8 minutes or until crust is lightly browned.
2. Spread Alfredo sauce over hot crust to within 1 inch of the edge. Top with chicken, tomatoes, and zucchini; sprinkle with cheese. Bake 8 to 10 minutes more or until cheese is melted and vegetables are softened.
3. Before serving, sprinkle pizza with basil and, if desired, *black pepper*.
PER SERVING: 310 cal., 9 g total fat (4 g sat. fat), 46 mg chol., 555 mg sodium, 33 g carb., 4 g fiber, 24 g pro. Exchanges: 0.5 vegetable, 2 starch, 2.5 lean meat, 0.5 fat. Carb choices: 2.

Continued on page 112 »

Facebook comments

We posted two cover choices, *above*, on Facebook and asked *Diabetic Living* followers to pick their favorite.

"The red stands out to me and says FALL!" —Alice Hufford Hay

"Red is exciting and bold. It draws attention to the pizza." —Malinda Evans

"I like the lighter cover. Maybe my mind thinks light color means light food." —Wendy L. Pope

"RED! The pizza POPS and it looks so appetizing." —Martha Robinson-Hocutt

"I like the colors and design of the lighter cover." —Christine Kennally Weithman

"The red cover catches my eye better." —Ben Isenagle

"Looks like the *reds* win this one! Add my vote!" —Peggy Bedford

You're right, Peggy; the red cover won. Thanks to everyone who helped us choose a winner.

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—Dietitian's Top Picks—

big buys

Boost your grocery dollars! Private-label brands from superstores can help you trim your grocery bill and stock your kitchen with nutritious and tasty foods.

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BY **Marsha McCulloch, R.D., L.D.**
PHOTOS BY **Blaine Moats**
FOOD STYLING BY **Greg Luna**

Next time you're shopping for whole grain pasta, canned vegetables, or frozen fruit, give the private-label store brands a try. Store brands could cut your weekly grocery bill by 30 percent, according to research from the Private Label Manufacturers Association in New York City. Plus, consumer surveys show that, in most cases, shoppers rate the taste of store-brand foods just as good or better than national brands.

"In recent years, retailers have invested considerable time and money to improve the quality of their store brands," says John Failla, president of Store Brands Decisions, an online trade publication. Today's store-brand products are often formulated to be equivalent to—and in some cases, such as Target's Archer Farms brand, better than—national brands, he says.

We scoured the aisles and tasted our way through private-label picks from Super Target (Market Pantry and Archer Farms brands), Costco (Kirkland Signature brand), and Walmart Supercenter (Great Value and Marketside brands). Some saved a little money compared with national brands, while others saved a lot. Turn the page for our favorites, along with tips and recipes for using them.

Cook it! Watch for this symbol to see recipes that call for store-brand ingredients featured in this story.

store-brand savings

These practical, tasty, and healthful products are wise buys.

Condiments and baking aids

1. Great Value All Natural Dijon Mustard (79 cents/12-ounce bottle) is a flavor-boosting condiment that's low in calories. Add a bit of fruit spread or horseradish for even more pizzazz.
Walmart Supercenter: 7 cents/ounce
Comparable brand: 33 cents/ounce
Sweet Potato Hash, page 118; Garlicky Wilted Greens, page 107

2. Market Pantry Canola Cooking Spray ($1.52/6-ounce can) is a must for low-fat recipes cooked on the stove top or grill—it promotes browning. Also use it to prevent baked goods from sticking to pans and foil.
Super Target: 25 cents/ounce
Comparable brand: 58 cents/ounce

3. Kirkland Signature Organic Salsa ($5.89/66-ounce jar) is medium on spice level and high on flavor. Taste-test a sample before you buy products sold in big jars like this.
Costco: 9 cents/ounce
Comparable brand: 25 cents/ounce
Huevos Rancheros Breakfast Nachos, page 89; Southwest Black Bean Pizza, page 112

4. Market Pantry Sugar Substitute Made with Sucralose ($2.99/100-packet box) contains the same sweetener as its name-brand counterpart (Splenda) and tastes very similar, too. Use it for baking and as a table sweetener, such as in tea or lemonade.
Super Target: 85 cents/ounce
Comparable brand: $1.33/ounce
Rustic Apple-Sweet Potato Tart, page 79

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TIP: "Store canned goods on a tiered shelf, such as the Expand-A-Shelf (**containerstore.com**), which allows you to see all three rows at a glance."

—Regina Leeds, author of *One Year to an Organized Life* (Da Capo Press, 2008)

Fruits and veggies

1. Kirkland Signature Nature's Three Berries ($9.59/4-pound bag) provide lots of fiber and antioxidants. Store in your freezer 4–6 months.
Costco: 15 cents/ounce
Comparable brand: 35 cents/ounce

2. Great Value All Natural Dried Cranberries ($1.78/6-ounce bag) add a zing of flavor when used in small amounts in salads, sides, and more.
Walmart Supercenter: 30 cents/ounce
Comparable brand: 33 cents/ounce
Golden Rice Pudding, page 78

3. Market Pantry French Style Green Beans, No Salt Added (79 cents/14.5-ounce can) saves you the step of draining and rinsing regular canned green beans to cut sodium.
Super Target: 5 cents/ounce
Comparable brand: 8 cents/ounce

4. Marketside Organic Baby Spinach ($3/5-ounce container) provides an affordable way to buy this nutritious, nonstarchy green veggie without the worry of pesticide residue.
Walmart Supercenter: 60 cents/ounce
Comparable brand: 80 cents/ounce
Sautéed Spinach, page 116; Everything Pizza, page 112

5. Great Value No Sugar Added Peaches ($1.64/16-ounce bag) are firm and attractive. You can enjoy a whole cup of slices for just 50 calories and 13 grams of carbohydrate. Store in your freezer 4–6 months.
Walmart Supercenter: 10 cents/ounce
Comparable brand: 22 cents/ounce

Note: Price comparisons were based on suggested retail prices provided by national-brand manufacturers and private-label retailers, with the exception of Costco products, which were based on prices in Des Moines, Iowa. Costco has a $50 annual membership fee.

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TIP: "This product is just as good as the national brand, and it saves me a lot of money."

—Costco shopper's comment to story author

TIP: "If you're used to eating white refined pasta products, first buy a small quantity of whole wheat pasta rather than investing in a 6-pound package."

—Kati Neville, coauthor of *Fix, Freeze, Feast* (Storey Publishing, 2007)

Whole grains and nuts

1. Market Pantry Old-Fashioned Oats ($2.74/42-ounce canister) is a breakfast and baking staple. It looks and tastes like the whole grain rolled oats Grandma used to make.
Super Target: 7 cents/ounce
Comparable brand: 11 cents/ounce
Caramel Crunch Apple Crisp, page 83

2. Great Value Instant Brown Rice (98 cents/14-ounce box) is parboiled (partially cooked) so you can enjoy the goodness of whole grain brown rice in just 10 minutes.
Walmart Supercenter: 7 cents/ounce
Comparable brand: 14 cents/ounce
Sausage Gumbo, page 118

3. Kirkland Signature Walnuts ($10.89/3-pound bag) are rich in heart-healthy omega-3s and cost about half of a top national brand. Store up to 6 months in an airtight container or bag.
Costco: 23 cents/ounce
Comparable brand: 44 cents/ounce
Brandied Apple Strudel, page 82

4. Great Value Whole Wheat Elbows ($1/13.25-ounce box) makes getting your whole grains tasty and inexpensive. This high-fiber, 100 percent whole grain macaroni cooks up nicely and provides hearty flavor.
Walmart Supercenter: 8 cents/ounce
Comparable brand: 16 cents/ounce
Chicken, Macaroni, and Cheese, page 101

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TIP: "Store fresh meat on the bottom shelf of your freezer to prevent bacteria contaminating other foods."

—Lea Schneider, professional organizer, organizerightnow.com

Meat, eggs, and dairy

1. Kirkland Signature Lean Ground Beef ($11.99/5-pound bag) is 91 percent lean and divided into 1-pound packages.
Costco: 15 cents/ounce
Comparable brand: 24 cents/ounce
Classic Diner Meat Loaf, page 118

2. Archer Farms Organic Skim Milk ($3.29/half-gallon) is from cattle raised without hormones or antibiotics, and it's fortified with vitamins A and D.
Super Target: 5 cents/ounce
Comparable brand: 6 cents/ounce
Super Target: 7 cents/ounce
Comparable brand: 12 cents/ounce
Eggs Benedict, page 85

3. Kirkland Signature Real Egg Product ($8.39/six 16-ounce cartons) tastes like real eggs without the cholesterol. Store in your freezer up to 30 days.
Costco: 9 cents/ounce
Comparable brand: 17 cents/ounce
Pear-Ginger Pancakes, page 114

3. Market Pantry Light Sour Cream ($1.19/16-ounce tub) is thick and creamy and has less than half the fat of regular sour cream. Use it to make salad dressings and baked goods.

5. Kirkland Signature Boneless Skinless Chicken Breasts ($19.98/7.16-pound bag) are packaged in two-breast pouches. Store in your freezer up to 6 months.
Costco: 17 cents/ounce
Comparable brand: 30 cents/ounce
Sautéed Chicken with Balsamic Vinegar, page 116

Note: Price comparisons were based on suggested retail prices provided by national-brand manufacturers and private-label retailers, with the exception of Costco products, which were based on prices in Des Moines. Costco has a $50 annual membership fee.

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shop & store

Are you a savvy store-brand shopper? Follow these tips.

1 Consider shelf life before stocking up.

Incredible deals aren't incredible if the food spoils before you use it all, says author Regina Leeds, *One Year to an Organized Life* (Da Capo Press, 2008).

2 Keep a record.

Most prices are a good deal at warehouse clubs, but I have noticed a few items, such as canned beans, that go up and down in price, says author Kati Neville, *Fix, Freeze, Feast* (Storey Publishing, 2007).

3 Compare unit prices.

Check shelf tags for unit prices (the cost per ounce, quart, or other unit of weight or volume) and keep a calculator with you.

4 Label storage containers.

Keep nutrition facts handy. Cut the labels from packaging and tape to storage containers so you'll know the serving size, calories, carbohydrate grams, and more.

5 Take a cooler.

If you have to drive a long distance to shop at a superstore, don't rule out refrigerated or frozen purchases. Take a cooler with you and pick up refrigerated and frozen foods right before checking out.

6 Buy in bulk for often-used ingredients.

If you use applesauce as a fat replacer in baked goods, for example, you're unlikely to notice any flavor and texture differences.

Continued on page 74 »

@ For ways to save on diabetes supplies, see our money-smart tips: **DiabeticLivingOnline.com/save**

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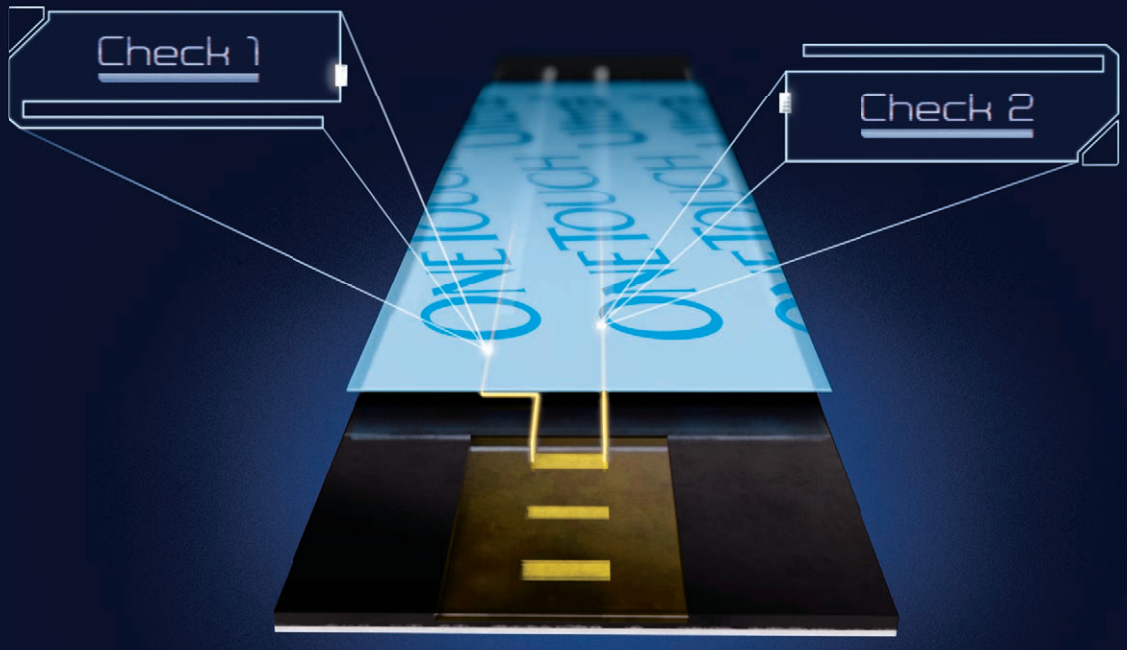

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Continued from page 72 »

Food-saving storage helpers

Keep your food bargains fresh by storing them in containers with airtight seals. You don't need a canister for everything, though. "Repackage an item if the food will lose its freshness in the original container or if the food package is too flimsy or bulky," says professional organizer Lea Schneider, owner of Organize Right Now in Pensacola, Florida. Save the nutrition information (see tip 4, *page 72*). Here are some of our favorite canisters:

1. OXO Good Grips makes POP containers for the pantry—just press the top button to seal the container; press again to open. Also try OXO's leakproof TOP containers for the refrigerator and freezer. $3.99–$18.99; **oxo.com**

2. KLIP IT containers have side clips that provide a tight seal and are easy to open. Choose from containers for baking ingredients, as well as for the fridge and freezer. $3–$12; **sistemaplastics.com**

3. Rubbermaid Modular Canisters have stackable designs to save space. Handy measurement markings on the containers tell you how much they hold. $2.99–$5.99; **rubbermaid.com**

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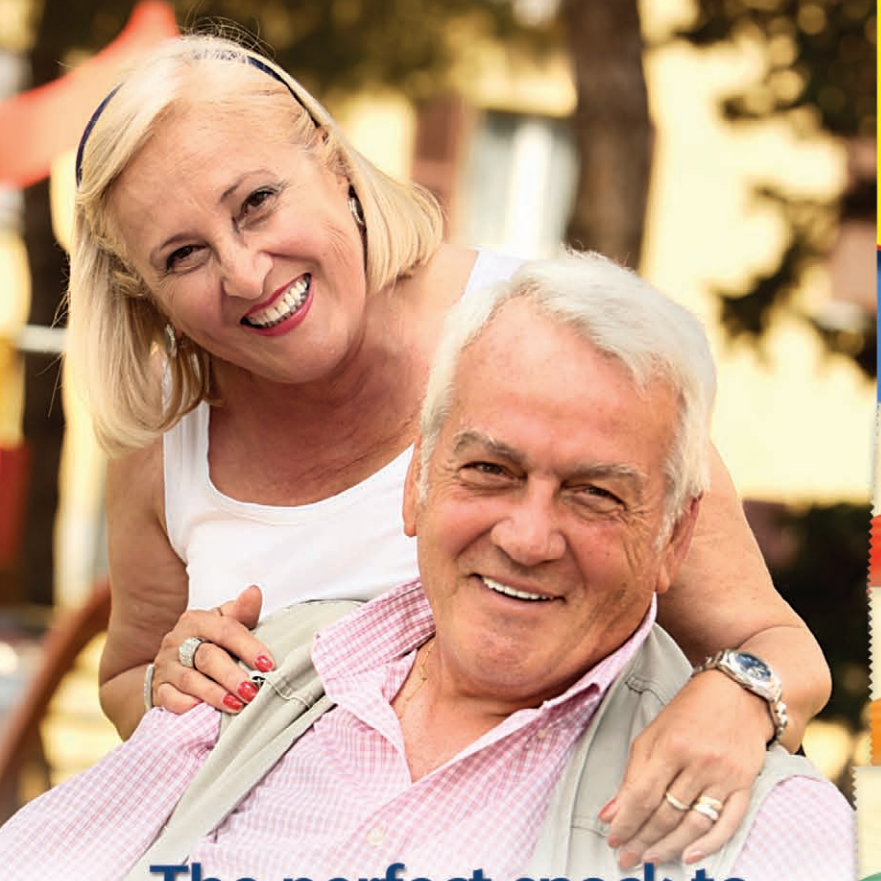

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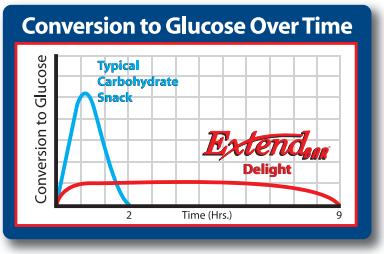

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sweet to the core

Enjoy a bountiful harvest of apple desserts. We've peeled away calories and carbs from traditional favorites, such as crisps and cakes, so you can savor some autumn treasures.

RECIPES BY **Jill Johnson** PHOTOS BY **Blaine Moats**
FOOD STYLING BY **Greg Luna** PROP STYLING BY **Sue Mitchell**

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Maple-Glazed Baked Apples
recipe on page 112

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Apple Spice Cake
recipe on page 113

An apple a day can help keep high cholesterol at bay. The juicy, crisp fruits provide soluble fiber. Apples also are a big source of powerful antioxidants.

Golden Rice Pudding

Leave the peel on the apple to add both texture and color to this creamy pudding.

SERVINGS 6 (⅓ cup each)
CARB. PER SERVING 23 g
PREP 15 minutes **COOK** 50 minutes

- ½ cup uncooked long grain brown rice
- 1 medium Golden Delicious apple, chopped (¾ cup)
- ½ cup fat-free milk
- 2 tablespoons honey
- 2 tablespoons dried cranberries, chopped

1. In a medium heavy saucepan, bring 1¾ cups *water* to boiling. Stir in uncooked rice and ⅛ teaspoon *salt*. Cook, covered, over low heat 40 to 45 minutes or until liquid is absorbed, stirring occasionally.

2. Stir in apple, milk, honey, and dried cranberries. Cook, uncovered, about 10 minutes more or until mixture is slightly thickened and creamy, stirring occasionally. Serve warm or chilled. If desired, sprinkle each serving with *ground nutmeg*.

PER SERVING: 100 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 61 mg sodium, 23 g carb., 1 g fiber, 2 g pro. Exchanges: 1 starch, 0.5 carb. Carb choices: 1.5.

Golden Rice Pudding

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Rustic Apple-Sweet Potato Tart

SERVINGS 10 (1 wedge each)
CARB. PER SERVING 25 g or 21 g
PREP 35 minutes **BAKE** 50 minutes

- 1 recipe Whole Wheat Pastry (right)
- 1 medium green-skin apple, cored and thinly sliced (1 cup)
- 1 medium red-skin apple, cored and thinly sliced (1 cup)
- 1 cup sliced, peeled sweet potato*
- 2 teaspoons lemon juice
- 3 tablespoons sugar**
- 2 teaspoons flour
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground coriander
- 2 teaspoons honey

1. Preheat oven to 375°F. Line a large baking sheet with foil; sprinkle foil lightly with *flour*. Place Whole Wheat Pastry dough on foil. Flatten slightly. Roll dough into a 12-inch circle.

2. In a large bowl, combine apples and sweet potato. Add lemon juice; toss to coat. In a small bowl, combine sugar, the 2 teaspoons flour, the cinnamon, and coriander. Add to apple mixture; toss to coat.

3. Mound apple mixture in center of pastry, leaving a 2-inch border around edge. Fold pastry over filling, pleating dough as necessary. Cover only apple mixture with a double thickness of foil (do not cover dough).

4. Bake 40 minutes. Remove foil. Bake 10 to 15 minutes more or until apples and sweet potato are tender. In a small bowl, combine honey and 2 teaspoons *water*; brush over apple mixture. Serve warm.

WHOLE WHEAT PASTRY: In a medium bowl, stir together ¾ cup all-purpose flour, ½ cup whole wheat flour, and ¼ teaspoon salt. Using a pastry blender, cut in 2 tablespoons butter until mixture resembles coarse crumbs. Stir in 2 tablespoons canola oil. Sprinkle 1 tablespoon cold water over a quarter of the flour mixture; toss with a fork. Push moistened dough to side of bowl. Repeat with additional cold water, 1 tablespoon at a time (3 to 4 tablespoons total), until all of flour mixture is moistened. Shape into a ball.

***TEST KITCHEN TIP:** If desired, substitute a red-skin apple, cored and thinly sliced, for sweet potato.

****SUGAR SUBSTITUTES:** Choose from Splenda granular or Sweet'N Low bulk or packets. Follow package directions to use product amount equivalent to 3 tablespoons sugar.

PER SERVING: 151 cal., 5 g total fat (2 g sat. fat), 6 mg chol., 83 mg sodium, 25 g carb., 2 g fiber, 2 g pro. Exchanges: 0.5 fruit, 1 starch, 1 fat. Carb choices: 1.5.

PER SERVING WITH SUBSTITUTE: Same as above, except 138 cal., 21 g carb.

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bake it **1** Place scored apple halves, cut sides up, in pie plate around empty custard cup. **2** Drizzle fruit with sauce and place pastry over the pie plate. **3** Tuck crimped edges of dough between apples and pie plate; bake.

Wow!
When you flip the baked tart, the sauce ends up in the custard cup.

Amazing Apple Tart

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flip it **4** Cover the pie plate with a 10- to 12-inch serving dish. **5** Holding the pie plate steady, flip the dish over. The custard cup collects the sauce! **6** Remove the pie plate, cut the dessert into eight wedges, and pass the sauce.

Amazing Apple Tart

Juicy baked apples, a tender biscuitlike crust, and a sweet-and-spicy sauce add up to this diabetes-friendly dessert. That is truly amazing!

SERVINGS 8 (1 apple half with pastry and ½ tablespoon sauce each)
CARB. PER SERVING 24 g or 18 g
PREP 30 minutes **BAKE** 37 minutes
COOL 30 minutes

- **¼ cup apple juice or apple cider**
- **3 tablespoons packed brown sugar***
- **2 teaspoons butter or vegetable oil spread**
- **¼ teaspoon ground cinnamon**
- **½ teaspoon vanilla**
- **4 small apples (such as Jonathan, Winesap, or Empire), cored and halved lengthwise (about 1 pound total)**
- **1 recipe Biscuit Pastry (right)**

1. Preheat oven to 400°F. For sauce: In a small saucepan, combine apple juice, brown sugar, butter, cinnamon, and dash *salt*. Bring to boiling; reduce heat. Simmer, uncovered, 2 minutes. Remove from heat. Stir in vanilla.
2. Place a 6-ounce custard cup upside down in the center of a 9-inch pie plate. Lightly coat the outside of the custard cup with *nonstick cooking spray*. Using the tines of a fork, score the uncut sides of apple halves. Place apple halves, cut sides up, in pie plate around custard cup. Drizzle apples with sauce.
3. Prepare Biscuit Pastry. On a well-floured surface, slightly flatten dough. Roll dough into a 10-inch circle. Place pastry over apples and custard cup (pastry will sink down over apples). Tuck dough between apples and pie plate (do not crimp or flute). Bake 12 minutes.
4. Reduce oven temperature to 350°F. Bake 25 to 30 minutes more or until pastry is golden and apples are tender. Cool 30 minutes on a wire rack. Invert onto a 10- to 12-inch serving plate. To serve, cut into wedges and spoon sauce from custard cup over the apple-and-pastry wedges.

BISCUIT PASTRY: In a medium bowl, stir together ¾ cup all-purpose flour, 1¼ teaspoons baking powder, 1 teaspoon granulated sugar,* and ⅛ teaspoon salt. Using a pastry blender, cut in 3 tablespoons butter until mixture resembles coarse crumbs. Using a fork, stir in 3 tablespoons fat-free milk until combined. Gather mixture together and knead gently just until dough forms a ball.

***SUGAR SUBSTITUTES:** Choose Sweet'N Low Brown to substitute for the brown sugar. Choose from Splenda granular or Sweet'N Low bulk or packets to substitute for the granulated sugar. Follow package directions to use product amounts equivalent to 3 tablespoons brown sugar or 1 teaspoon granulated sugar.

Apples for baking

More than 2,500 varieties of apples are grown in the United States. These three are great for baking:
1. Pink Lady has a sweet-tart flavor with crisp, firm flesh.
2. Rome is best baked or sautéed. The crisp, firm, and mildly tart apple holds its shape well when cooked.
3. Jonagold is a sweet, juicy hybrid of the Jonathan and Golden Delicious varieties.

PER SERVING: 147 cal., 6 g total fat (3 g sat. fat), 14 mg chol., 134 mg sodium, 24 g carb., 2 g fiber, 2 g pro. Exchanges: 1.5 carb., 1 fat. Carb choices: 1.5.
PER SERVING WITH SUBSTITUTE: Same as above, except 126 cal., 18 g carb. Exchanges: 1 carb. Carb choices: 1.

@ Cozy up with more warm and yummy favorite fall desserts: **DiabeticLivingOnline.com/fall-desserts**

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Brandied Apple Strudel

SERVINGS 8 (1 slice each)
CARB. PER SERVING 21 g or 18 g
PREP 30 minutes **BAKE** 40 minutes

- Butter-flavor nonstick cooking spray
- 4 large apples, cored and chopped (4 cups)
- 2 tablespoons packed brown sugar*
- 2 tablespoons dried cherries or raisins, chopped if large
- 2 tablespoons chopped pecans or walnuts, toasted
- 1 tablespoon apple brandy, brandy, or water
- 1 tablespoon honey
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 6 sheets frozen phyllo dough (14×9-inch rectangles), thawed

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or foil; lightly coat foil, if using, with cooking spray. Set baking sheet aside. For filling: In a large bowl, combine apples, brown sugar, dried cherries, pecans, brandy, honey, cinnamon, and nutmeg; set aside.

2. Unfold phyllo dough. Place one sheet of dough horizontally on a work surface (as you work, cover the remaining dough with plastic wrap to prevent it from drying out). Lightly coat phyllo sheet with cooking spray. Top with another sheet of phyllo; lightly coat with cooking spray. Repeat with the remaining phyllo sheets, coating each with cooking spray.

3. Spread filling over the stack of phyllo sheets, leaving a 2-inch border on the far long side and a 1-inch border on the remaining sides. Starting from the near long side, roll up phyllo stack just enough to enclose filling (there will be a generous amount of filling to enclose). Fold in sides and continue rolling to end of dough. Place, seam side down, on the prepared baking sheet. Lightly coat roll with cooking spray.

4. Bake 40 to 50 minutes or until golden. Carefully transfer strudel on parchment paper to a wire rack; cool. Cut into eight slices.

***SUGAR SUBSTITUTES:** Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 2 tablespoons brown sugar.

PER SERVING: 101 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 35 mg sodium, 21 g carb., 2 g fiber, 1 g pro. Exchanges: 0.5 fruit, 1 carb. Carb choices: 1.5.

PER SERVING WITH SUBSTITUTE: Same as above, except 88 cal., 18 g carb. Exchanges: 0.5 carb. Carb choices: 1.

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Caramel Crunch Apple Crisp

SERVINGS 9 (⅔ cup each)
CARB. PER SERVING 34 g or 28 g
PREP 30 minutes **BAKE** 35 minutes
COOL 20 minutes

- 6 medium apples, cored and thinly sliced (6 cups)
- 1 tablespoon granulated sugar*
- ½ teaspoon ground cinnamon
- ⅔ cup rolled oats
- ¼ cup whole wheat flour
- ¼ cup packed brown sugar*
- 2 tablespoons butter
- 1 egg white
- ¼ cup chopped pecans
- 2 tablespoons sugar-free caramel ice cream topping

1. Preheat oven to 375°F. In a large bowl, toss apples, granulated sugar, and cinnamon. Spoon evenly into a 2-quart square baking dish.
2. For topping: In a medium bowl, combine oats, flour, and brown sugar. Using a pastry blender, cut in butter until mixture is crumbly. Stir in egg white and pecans until combined. Sprinkle topping over apples.
3. Bake 35 to 45 minutes or until topping is golden and apples are tender (if needed, cover with foil during final 10 minutes to prevent overbrowning). Cool 20 minutes on a wire rack.
4. Just before serving, place caramel topping in a small microwave-safe bowl. Microwave, uncovered, on 100% power (high) 10 seconds. Drizzle over crisp.
***SUGAR SUBSTITUTES:** Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to ¼ cup brown sugar. We do not recommend a substitute for the granulated sugar.

PER SERVING: 181 cal., 5 g total fat (2 g sat. fat), 7 mg chol., 34 mg sodium, 34 g carb., 4 g fiber, 2 g pro. Exchanges: 1 fruit, 1 carb., 1 fat. Carb choices: 2.
PER SERVING WITH SUBSTITUTE: Same as above, except 158 cal., 28 g carb.

Continued on page 112 »

Caramel Crunch Apple Crisp

Apple-Nut Wedges
recipe on page113

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Eggs Benedict

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morning glories

Rise and shine with one of these satisfying breakfast recipes. Each meal includes energizing carbohydrate and filling protein for a good start.

RECIPES AND WORDS BY **Laura Marzen, R.D., L.D.** PHOTOS BY **Blaine Moats**
FOOD STYLING BY **Dianna Nolin** PROP STYLING BY **Victoria DeGette**

Eggs Benedict

The sour cream-mustard sauce is a quick, delicious, and lower-fat stand-in for the hollandaise sauce featured in classic eggs Benedict.

SERVINGS 2 (1 open-face sandwich and 2 tablespoons sauce each)
CARB. PER SERVING 17 g
START TO FINISH 25 minutes

- **3 tablespoons light sour cream**
- **2 teaspoons fat-free milk**
- **1 teaspoon Dijon-style mustard**
- **2 eggs**
- **1 whole wheat English muffin, split**
- **2 ounces thinly sliced reduced-sodium cooked ham**
- **2 tomato slices**

1. Preheat broiler. For sauce: In a small bowl, combine sour cream, milk, and mustard; set aside. Lightly grease a medium skillet with *nonstick cooking spray.* Fill the skillet halfway with water. Bring water to boiling; reduce heat to simmering (bubbles should begin to break the surface of the water). Break one of the eggs into a small dish. Carefully slide egg into simmering water, holding the lip of the dish as close to the water as possible. Repeat with the remaining egg, positioning so the eggs don't touch.
2. Simmer, uncovered, 3 to 5 minutes or until egg whites are completely set and yolks begin to thicken.
3. Meanwhile, place muffin halves, cut sides up, on a baking sheet. Broil 3 to 4 inches from the heat 1 to 2 minutes or until toasted. Top muffin halves with ham and tomato slices. Broil about 1 minute more or until toppings are heated through.
4. To serve, use a slotted spoon to remove eggs from skillet; place eggs on top of tomato slices. Spoon sauce over eggs and, if desired, sprinkle with *snipped fresh chives.*
PER SERVING: 201 cal., 8 g total fat (3 g sat. fat), 230 mg chol., 502 mg sodium, 17 g carb., 2 g fiber, 15 g pro. Exchanges: 1 starch, 2 lean meat, 1 fat. Carb choices: 1.

Treat yourself to breakfast

High fasting blood glucose levels or weight loss goals may make you think you should skip breakfast. Think again.

Breakfast eaters tend to manage weight better than do meal skippers. "If you start with a healthy breakfast, you set the day's pattern and avoid getting too hungry and overeating," says Rena Wing, Ph.D., director of The Miriam Hospital's Weight Control and Diabetes Research Center in Providence, Rhode Island. Breakfast can also help you fit in the nutrients and food groups you need.

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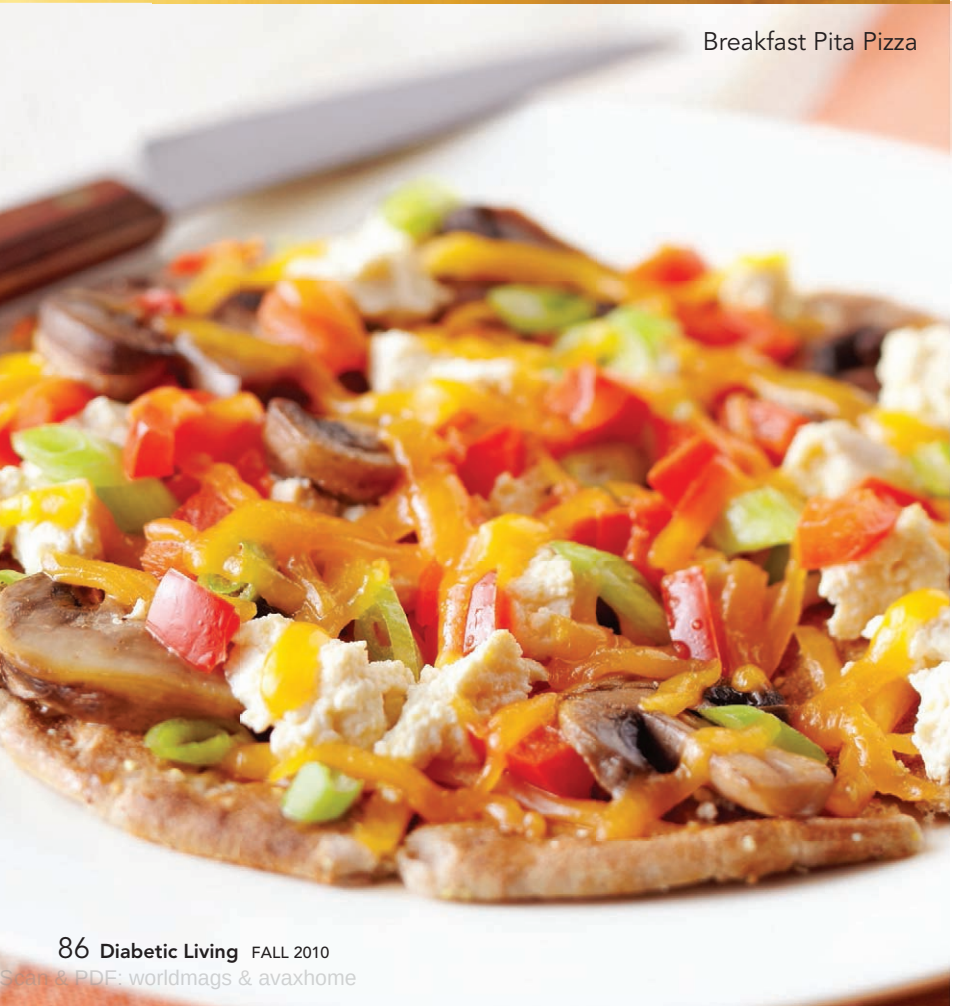
Smoked Salmon Breakfast Wraps
recipe on page 113

Breakfast Pita Pizza



Breakfast Pita Pizza

Lots of vegetables, protein-packed tofu, and reduced-fat cheddar cheese top a crispy pita crust for this super-duper pizza.

SERVINGS 2 (1 pizza each)
CARB. PER SERVING 24 g
PREP 20 minutes **BAKE** 8 minutes

- **1 teaspoon olive oil**
- **½ cup sliced fresh mushrooms**
- **½ cup chopped red or green sweet pepper**
- **3 ounces firm tub-style tofu (fresh bean curd), drained and crumbled (about ½ cup)**
- **1 green onion, thinly sliced**
- **1 clove garlic, minced**
- **1 whole wheat pita bread round, split horizontally**
- **½ cup shredded reduced-fat cheddar cheese (2 ounces)**

1. Preheat oven to 375°F. In a medium skillet, heat oil over medium heat. Add mushrooms and sweet pepper to skillet; cook 5 to 8 minutes or until tender, stirring occasionally. Stir in tofu, green onion, garlic, and ⅛ teaspoon *black pepper*.

2. Place pita halves, cut sides down, on a baking sheet. Sprinkle pita halves with ¼ cup of the cheese. Top with mushroom mixture. Sprinkle the remaining ¼ cup cheese over mushroom mixture on pita halves. Bake 8 to 10 minutes or until heated through and cheese is melted.

PER SERVING: 256 cal., 11 g total fat (5 g sat. fat), 20 mg chol., 417 mg sodium, 24 g carb., 4 g fiber, 15 g pro. Exchanges: 0.5 vegetable, 1.5 starch, 1.5 medium-fat meat. Carb choices: 1.5.

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If there's still room in your carb count, consider adding a serving of a low-fat dairy food, such as 1 cup fat-free milk.

Pear-Ginger Pancakes
recipe on page 114

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Simple Sausage Skillet

Hearty yet healthful describes this easy-to-fix dish that's reminiscent of restaurant breakfast specialties.

SERVINGS 2 (1 cup each)
CARB. PER SERVING 28 g
START TO FINISH 20 minutes

- 1 teaspoon canola oil
- 2 ounces smoked turkey sausage, cut diagonally into 1/2-inch slices
- 1 cup frozen diced hash brown potatoes
- 1/2 of a small zucchini, halved lengthwise and cut into 1/2-inch pieces
- 1/2 of a medium red sweet pepper, coarsely chopped
- 1/3 cup thinly sliced red onion
- 1 clove garlic, minced
- 1/4 teaspoon chili powder
- 1/4 cup bottled salsa

1. In a large nonstick skillet, heat oil over medium heat. Add sausage, potatoes, zucchini, sweet pepper, red onion, garlic, chili powder, and 1/8 teaspoon *black pepper* to skillet.

2. Cook 4 to 5 minutes or until sausage is lightly browned and vegetables are tender, stirring occasionally. Spoon salsa over sausage mixture.

PER SERVING: 187 cal., 6 g total fat (1 g sat. fat), 19 mg chol., 475 mg sodium, 28 g carb., 4 g fiber, 8 g pro. Exchanges: 1 vegetable, 1.5 starch, 1 lean meat. Carb choices: 2.

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Huevos Rancheros Breakfast Nachos

SERVINGS 4 (about 11 chips, 3 tablespoons salsa mixture, and ¼ cup egg each)
CARB. PER SERVING 26 g
PREP 20 minutes **COOK** 10 minutes

- 3 ounces baked tortilla chips
- ¼ teaspoon cumin seeds
- ½ cup canned black beans, rinsed and drained
- ½ cup bottled salsa
- 2 eggs
- 3 egg whites
- 3 tablespoons fat-free milk
- ½ cup shredded reduced-fat Mexican cheese blend (2 ounces)

1. Divide chips among serving plates, spreading into single layers; set aside. In a dry small saucepan, heat cumin seeds over medium heat about 1 minute or until aromatic, stirring frequently. Stir in beans and salsa. Cook 1 to 2 minutes or until heated through, stirring occasionally. Remove from heat; cover to keep warm.
2. In a bowl, whisk together eggs, egg whites, milk, and ⅛ teaspoon *black pepper*. Coat a nonstick skillet with *nonstick cooking spray*; heat skillet over medium heat. Pour in egg mixture. Cook over medium heat, without stirring, until mixture starts to set on the bottom and around edge. Using a spatula or large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking 2 to 3 minutes or until egg mixture is cooked through but still glossy and moist. Remove from heat immediately.
3. Break up eggs; spoon over chips. Top with salsa mixture and cheese.
PER SERVING: 207 cal., 6 g total fat (3 g sat. fat), 113 mg chol., 503 mg sodium, 26 g carb., 4 g fiber, 14 g pro. Exchanges: 1.5 starch, 1.5 medium-fat meat. Carb choices: 2.

Continued on page 113 »

Huevos Rancheros Breakfast Nachos

Mushroom-Olive Frittata
recipe on page 114

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dinner tonight

Pork—pronto! Fish—in a flash! Chicken—it's a cinch!

Enjoy quick, restaurant-worthy meals from Chris Smith, the Diabetic Chef®

WRITTEN BY **Chris Smith**
PHOTOS BY **Blaine Moats**
FOOD STYLING BY **Greg Luna**
PROP STYLING BY **Sue Mitchell**

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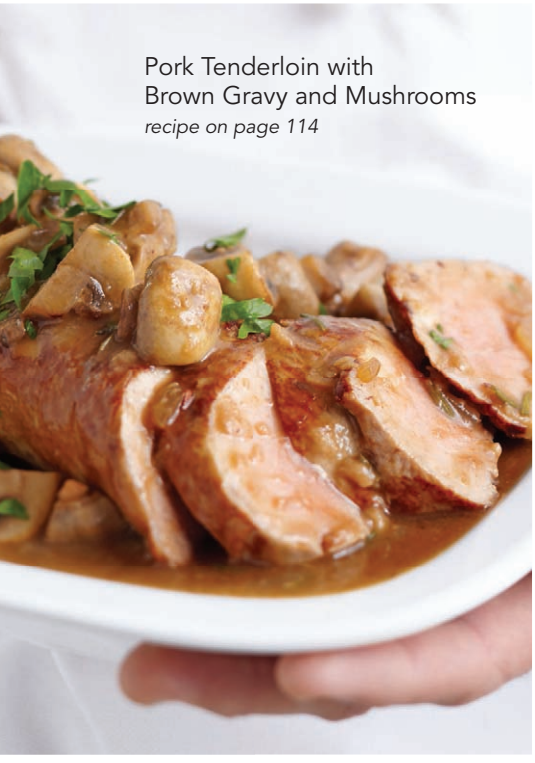

Pork Tenderloin with Brown Gravy and Mushrooms
recipe on page 114

You can cook like a pro tonight.

Great-tasting, healthful foods can be surprisingly quick and easy to prepare. Let's get started with a few of my favorite techniques that can help you get dinner on the table fast.

Prep. First, have all of the ingredients ready before you start to cook. Make sure ingredients are fresh and, if frozen, fully defrosted. If your schedule allows, prep the ingredients the night before and store them in the refrigerator.

Sear. To add full flavor to your protein of choice, sear the meat. This type of fast, high-heat cooking develops a flavorful crust that seals in the juices. As the meat sears, avoid peeking at the browning side—you don't want to disturb the development of that tasty golden crust.

Sauce. Remove the cooked meat from the pan and keep it warm. Use the chef's gold—the browned bits left in the pan—along with flavorful liquid and aromatic herbs to create a quick pan sauce. Dinner is served!

Tenderloin tips:

1 Prep ingredients and place them in the order of use. **2** Allow the cooked tenderloin to rest a few minutes, then carve it.

Hot pots

For more information on Chef Chris' new line of cookware, visit **thediabeticchef.com.**

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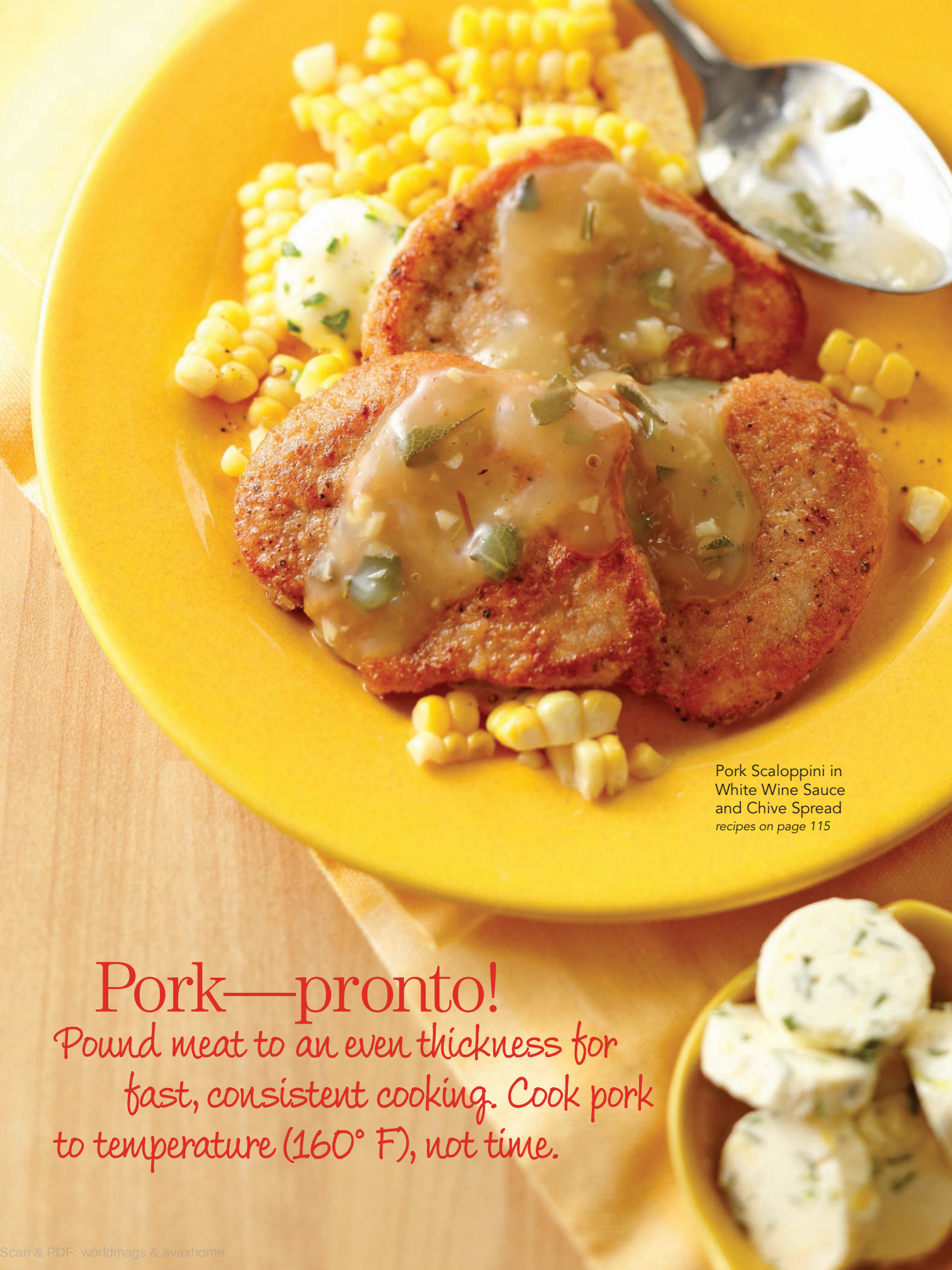

Pork Scaloppini in White Wine Sauce and Chive Spread
recipes on page 115

Pork—pronto!

Pound meat to an even thickness for fast, consistent cooking. Cook pork to temperature (160° F), not time.

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Fish—in a flash!

Allow fish to cook undisturbed to develop the crust and to keep the fillets whole.

Lemon-Glazed Trout and Sautéed Spinach

recipes on page 116

Make a pan sauce: **1** Remove the fish (keep it warm) and add shallots to the pan; cook briefly to soften. **2** Deglaze the pan with broth, loosening the crusty bits with a wooden spoon. **3** Add lemon juice (squeeze through fingers to catch the seeds). **4** Lower heat and stir in a bit of butter. Spoon sauce over warm fish. Serve immediately and enjoy.

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Speed-cook chicken: **1** Sear the chicken to develop color and flavor. **2** Finish cooking the chicken (to 165° F) in your preheated oven.

Sautéed Ckicken with Balsamic Vinegar and Sun-Dried Tomato-Barley Pilaf
recipes on page 116

Chicken—it's a cinch!

While the chicken continues to cook in the oven, make the pan sauce and the side dish.

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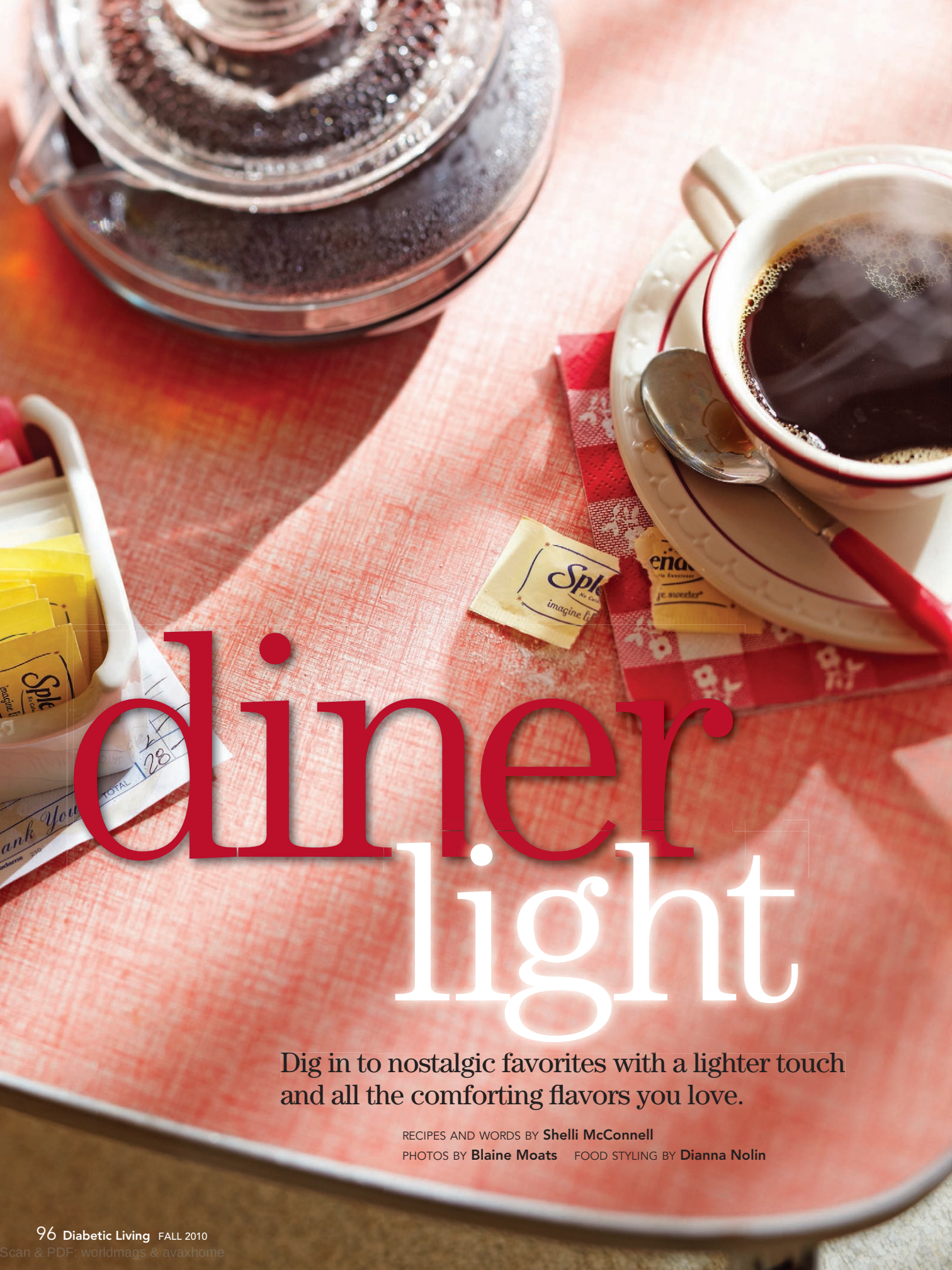

diner light

Dig in to nostalgic favorites with a lighter touch and all the comforting flavors you love.

RECIPES AND WORDS BY **Shelli McConnell**
PHOTOS BY **Blaine Moats** FOOD STYLING BY **Dianna Nolin**

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BBQ Pulled Pork Sandwiches

A slow cooker makes it super easy to get the pork tender enough to pull apart with forks into shreds.

SERVINGS 10 (1 sandwich each)
CARB. PER SERVING 27 g
PREP 20 minutes **COOK** 8 to 9 hours (low) or 4 to 4 1/2 hours (high)

- **2 medium onions, cut into thin wedges**
- **1 2- to 2 1/2-pound boneless pork sirloin roast**
- **1/2 teaspoon chili powder**
- **1/2 teaspoon ground cumin**
- **1/4 teaspoon garlic powder**
- **1 cup bottled low-calorie barbecue sauce**
- **1/4 cup cider vinegar**
- **1 tablespoon honey**
- **1/4 teaspoon ground ginger**
- **10 whole wheat hamburger buns, split and toasted**

1. In a 3 1/2- or 4-quart slow cooker, combine onions and 1/2 cup *water*; set aside. Trim fat from meat. If necessary, cut meat to fit into cooker. In a small bowl, combine 1/2 teaspoon *black pepper*, the chili powder, 1/4 teaspoon of the cumin, and the garlic powder. Sprinkle mixture evenly over meat; rub in with your fingers. Place meat in cooker.

2. Cover and cook on low-heat setting 8 to 9 hours or on high-heat setting 4 to 4 1/2 hours.

3. Using a slotted spoon, remove meat and onions from cooker. Using two forks, pull meat apart into shreds.

4. In a large bowl, combine barbecue sauce, vinegar, honey, ginger, and the remaining 1/4 teaspoon cumin. Add shredded meat; toss gently to coat. Fill each bun with about 1/3 cup of the meat mixture and about 1 tablespoon of the onions.

MAKE-AHEAD DIRECTIONS: Prepare as directed. Store shredded meat mixture and onions in an airtight container in the freezer for up to 1 month. To serve, thaw meat mixture overnight in the refrigerator. Transfer to a medium saucepan. Cook over low heat until heated through, stirring occasionally.

PER SERVING: 251 cal., 5 g total fat (1 g sat. fat), 57 mg chol., 587 mg sodium, 27 g carb., 3 g fiber, 23 g pro. Exchanges: 2 starch, 2.5 lean meat. Carb choices: 2.

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Sweet Potato Hash
recipe on page 118

Lime-Marinated Shrimp and Grits

Toasting the cumin seeds brings out their somewhat pungent aroma and slightly nutty flavor.

SERVINGS 4 (1/2 cup grits, 2/3 cup shrimp mixture, 2 tablespoons mango, and 2 tablespoons sweet pepper each)
CARB. PER SERVING 29 g
PREP 30 minutes **MARINATE** 30 minutes

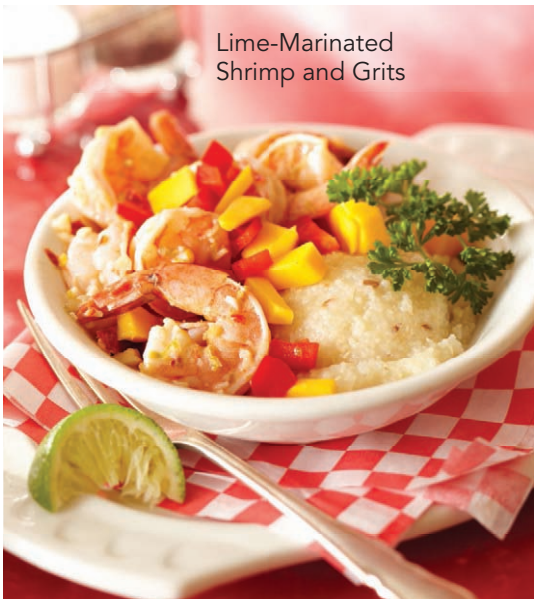
- **1 pound fresh or frozen medium shrimp in shells**
- **1 teaspoon finely shredded lime peel**
- **2 tablespoons lime juice**
- **1 tablespoon canola oil**
- **2 cloves garlic, minced**
- **1/8 teaspoon crushed red pepper**
- **1/4 teaspoon cumin seeds**
- **1 14-ounce can reduced-sodium chicken broth**
- **2/3 cup quick-cooking (hominy) grits**
- **1/2 of a medium mango, seeded, peeled, and chopped**
- **1/2 cup chopped red sweet pepper**
- **2 tablespoons fresh cilantro or parsley leaves (optional)**

1. Thaw shrimp, if frozen. Peel and devein shrimp, leaving tails intact if desired. In a medium bowl, combine lime peel, lime juice, oil, garlic, and crushed red pepper.

2. Add shrimp to lime mixture; toss gently to coat. Cover and marinate in the refrigerator 30 to 45 minutes.
3. In a dry medium saucepan, heat cumin seeds over medium heat about 1 minute or until aromatic, stirring frequently. Carefully add broth and 3/4 cup *water*; stir in grits. Bring to boiling; reduce heat. Simmer, covered, 4 to 5 minutes or until mixture reaches desired consistency, stirring occasionally.
4. Meanwhile, heat a large skillet over medium-high heat. Add undrained shrimp to skillet. Cook 2 to 4 minutes or until shrimp are opaque, turning occasionally.
5. Divide cooked grits among shallow serving bowls; top with shrimp mixture. Sprinkle with mango, sweet pepper, and, if desired, cilantro or parsley.

PER SERVING: 248 cal., 5 g total fat (1 g sat. fat), 129 mg chol., 365 mg sodium, 29 g carb., 2 g fiber, 21 g pro. Exchanges: 2 starch, 2 lean meat. Carb choices: 2.

A 3-ounce serving of cooked shrimp supplies 17 grams of lean protein plus a good amount of vitamin B12, essential for cardiovascular health.



Lime-Marinated Shrimp and Grits

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Classic Diner Meat Loaf
recipe on page 118

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Corn Bread-Stuffed Pork Chops

How to stuff a pork chop

1

Cut a slit lengthwise through the center of chop almost to the bone.

2

Using a spoon, insert 3 tablespoons of the corn bread stuffing into the pocket.

3

Use toothpicks to secure the opening. Remove toothpicks before eating.

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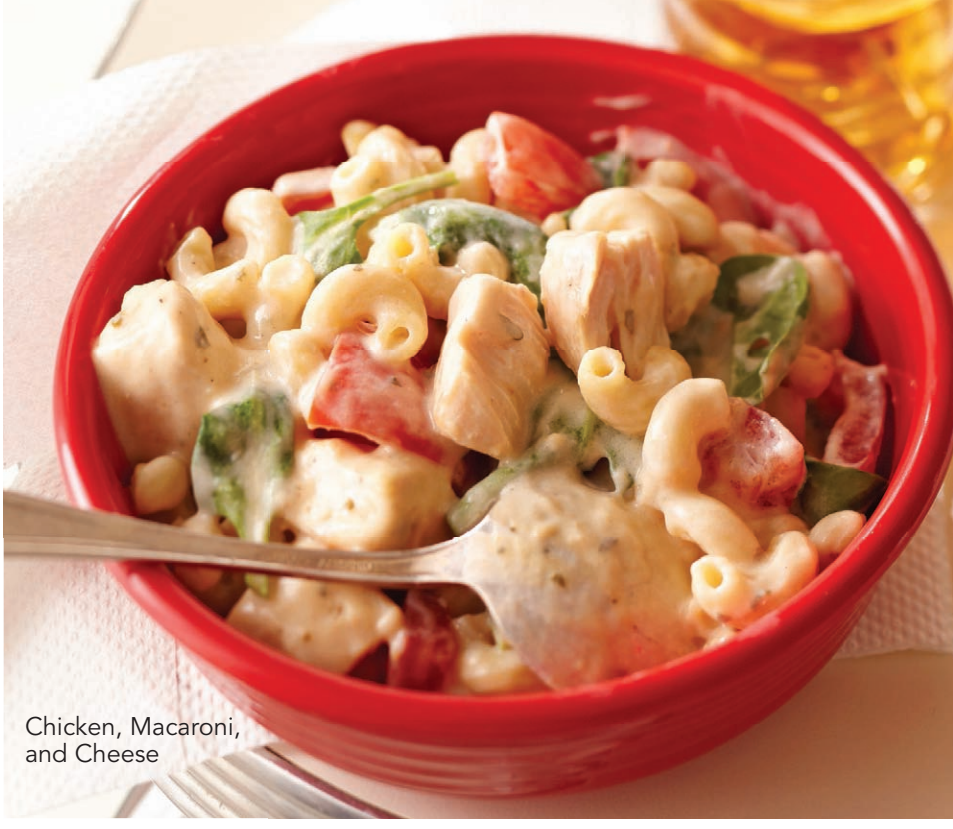
Corn Bread-Stuffed Pork Chops

Snipped dried apricots add a pleasant hint of sweetness to the corn bread stuffing.

SERVINGS 4 (1 chop and 1/4 cup stuffing each)
CARB. PER SERVING 12 g
PREP 25 minutes **BAKE** 25 minutes

- 2 teaspoons canola oil
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1/2 cup corn bread stuffing mix
- 1/4 cup snipped dried apricots
- 2 teaspoons snipped fresh sage or 1/2 teaspoon dried sage, crushed
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/4 teaspoon paprika
- 4 bone-in pork rib chops, cut 1 inch thick (2 1/4 pounds total)

1. Preheat oven to 375°F. For stuffing: In a small saucepan, heat oil over medium heat. Add onion and garlic to saucepan; cook 3 to 4 minutes or until onion is tender, stirring occasionally. Remove from heat. Stir in stuffing mix, dried apricots, and sage. In a small bowl, combine coriander, cumin, and paprika. Stir half of the coriander mixture into apricot mixture. Drizzle with 1 tablespoon *water*; toss gently to moisten.
2. Trim fat from chops. Using a knife, cut a pocket in each chop by slicing horizontally from the meaty side almost to the bone. Spoon stuffing evenly into pockets. Secure with wooden toothpicks. Sprinkle tops of chops with 1/8 teaspoon *salt* and the remaining coriander mixture.
3. Coat a very large oven-going skillet with *nonstick cooking spray*; heat skillet over medium-high heat. Add chops, seasoned sides down, to skillet. Cook about 2 minutes or until bottoms are browned. Turn chops over and place skillet in oven.
4. Bake chops 25 to 30 minutes or until pork juices run clear (160°F). Remove toothpicks before serving.
PER SERVING: 341 cal., 9 g total fat (3 g sat. fat), 139 mg chol., 248 mg sodium, 12 g carb., 1 g fiber, 49 g pro. Exchanges: 0.5 fruit, 0.5 starch, 6.5 lean meat. Carb choices: 1.


Chicken, Macaroni, and Cheese

Chicken, Macaroni, and Cheese

SERVINGS 5 (1 1/3 cups each)
CARB. PER SERVING 33 g
START TO FINISH 35 minutes

- 1 1/2 cups dried multigrain or regular elbow macaroni (6 ounces)
- 12 ounces skinless, boneless chicken breast halves, cut into 1-inch pieces
- 1/4 cup finely chopped onion
- 1 6.5-ounce package light semisoft cheese with garlic and herbs
- 1 2/3 cups fat-free milk
- 1 tablespoon flour
- 3/4 cup shredded reduced-fat cheddar cheese (3 ounces)
- 2 cups packaged fresh baby spinach
- 1 cup chopped, seeded tomatoes

1. In a medium saucepan, cook macaroni according to package directions, except omit salt; drain.
2. Meanwhile, coat a large nonstick skillet with *nonstick cooking spray*; heat skillet over medium-high heat. Add chicken and onion to skillet. Cook 4 to 6 minutes or until chicken is no longer pink and onion is tender, stirring frequently. If onion browns too quickly, reduce heat to medium. Remove skillet from heat. Stir in semisoft cheese until melted.
3. In a medium bowl, whisk together milk and flour until smooth; add all at once to chicken mixture. Cook and stir over medium heat until thickened and bubbly. Reduce heat to low. Stir in cheddar cheese until melted. Add cooked macaroni; cook and stir 1 to 2 minutes or until heated through. Stir in spinach and tomatoes. Serve immediately.
PER SERVING: 369 cal., 12 g total fat (7 g sat. fat), 85 mg chol., 393 mg sodium, 33 g carb., 4 g fiber, 33 g pro. Exchanges: 0.5 vegetable, 2 starch, 3.5 lean meat, 1 fat. Carb choices: 2.

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New England Clam Chowder

Using a combination of cauliflower and potatoes, rather than all potatoes, lowers the carbs in this meal-in-a-bowl.

SERVINGS 6 (1 1/3 cups each)
CARB. PER SERVING 25 g
START TO FINISH 45 minutes

- 2 10-ounce cans whole baby clams, undrained
- 2 slices turkey bacon
- 1 medium onion, chopped
- 1 stalk celery, thinly sliced
- 2 medium potatoes, cut into 1/2-inch pieces
- 2 cups small cauliflower florets (about 1-inch pieces)
- 1/4 teaspoon dried thyme, crushed
- 2 1/2 cups fat-free milk
- 1/2 cup fat-free half-and-half
- 2 tablespoons flour
- 3/4 cup coarsely shredded carrots

1. Drain clams, reserving liquid. Chop half of the clams; set aside chopped and whole clams. Add enough *water* to the reserved clam liquid to measure 1 1/2 cups; set aside clam liquid.

2. Coat a large saucepan with *nonstick cooking spray*; heat saucepan over medium heat. Add bacon, onion, and celery to saucepan. Cook 5 to 8 minutes or until onion is tender and bacon is cooked through, stirring occasionally. Remove bacon from pan; drain on paper towels. Chop bacon; set aside.

3. Stir potatoes, cauliflower, thyme, 1/8 teaspoon *black pepper*, and reserved clam liquid into onion mixture. Bring to boiling; reduce heat. Simmer, covered, 10 to 12 minutes or until potatoes are tender. Remove from heat and let cool slightly.

4. Transfer half of the potato mixture (about 2 cups) to a blender or food processor. Cover and blend or process until smooth. Return to the remaining potato mixture in saucepan.

5. In a medium bowl, whisk together milk, half-and-half, and flour until smooth. Add all at once to potato mixture. Cook and stir just until boiling. Stir in chopped and whole clams and carrots.

6. Return to boiling; reduce heat. Cook 1 minute more. Sprinkle each serving with chopped bacon.

PER SERVING: 208 cal., 3 g total fat (1 g sat. fat), 77 mg chol., 642 mg sodium, 25 g carb., 3 g fiber, 22 g pro. Exchanges: 0.5 milk, 0.5 vegetable, 1 starch, 2 lean meat. Carb choices: 1.5.

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Sausage Gumbo
recipe on page 118

Chicken Fried Steak

Chicken Fried Steak

The key to a crispy coating is to use a very large nonstick skillet so all of the steak pieces fit in a single layer.

SERVINGS 4 (1 steak and about 3 tablespoons gravy each)
CARB. PER SERVING 22 g
PREP 25 minutes **COOK** 10 minutes

- 4 4- to 5-ounce boneless beef chuck top-blade (flat-iron) steaks or cube steaks
- 1/3 cup flour
- 1/2 teaspoon Montreal or Kansas City steak seasoning
- 1/4 cup refrigerated or frozen egg product, thawed
- 2 tablespoons fat-free milk
- 1 cup crushed cornflakes (2 cups whole flakes)
- 1 teaspoon butter
- 1/4 cup finely chopped onion
- 1 clove garlic, minced
- 1 tablespoon bourbon (optional)
- 3/4 cup fat-free milk
- 1 tablespoon flour
- 1/4 teaspoon Montreal or Kansas City steak seasoning

1. Trim fat from steaks. If necessary, place each steak between two pieces of plastic wrap and pound lightly with the flat side of a meat mallet until 1/2 inch thick; remove plastic wrap.

2. In a shallow dish, combine the 1/3 cup flour, the 1/2 teaspoon steak seasoning, and 1/4 teaspoon *salt*. In another shallow dish, combine egg and the 2 tablespoons milk. Place crushed cornflakes in a third shallow dish. Dip steaks into flour mixture, turning to coat evenly. Dip into egg mixture, then into cornflakes, turning to coat evenly.

3. Coat a very large nonstick skillet with *nonstick cooking spray*; heat skillet over medium-high heat. Add steaks to skillet. Cook 10 to 12 minutes for medium-rare (145°F) to medium (160°F) doneness, turning once halfway through cooking. If steaks brown too quickly, reduce heat to medium. Remove steaks from skillet; cover to keep warm.

4. For gravy: In the same skillet, heat butter over medium heat until melted. Add onion and garlic to skillet; cook 3 to 5 minutes or until onion is tender, stirring occasionally. If desired, add bourbon, stirring to scrape up any crusty browned bits.

5. In a small bowl, whisk together the 3/4 cup milk, the 1 tablespoon flour, and the 1/4 teaspoon steak seasoning until smooth. Add milk mixture all at once to onion mixture. Cook and stir until thickened and bubbly; cook and stir 1 minute more.

6. Serve steaks with gravy. If desired, sprinkle with *black pepper*.

PER SERVING: 317 cal., 13 g total fat (5 g sat. fat), 78 mg chol., 400 mg sodium, 22 g carb., 1 g fiber, 27 g pro. Exchanges: 1.5 starch, 3.5 lean meat, 1 fat. Carb choices: 1.5.

Take a tasty—and guilt-free—trip down memory lane with these lightened diner classics, which have 25–50 percent fewer calories and carbs than original recipe versions.

Continued on page 118 »

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We are pleased to announce the winner of the Perfect Pantry Makeover sweepstakes is Tonya Campbell-White!

Tonya received a pantry makeover, a consultation with Martha Rosenau (a Registered Dietician and the owner of Peak Nutrition, LLC in Colorado Springs) and a Dreamfields Pasta gift basket of healthy and nutritious products (combined approximate retail value of $550).

The Perfect Pantry Makeover was created to drive awareness of the "right" diet and best foods to include for those with diabetes and/or a heart condition. Incorporating better food choices such as low-fat smoothies, leafy green vegetables and healthful snacks along with portion control and planned meal times will result in improved energy and a healthier lifestyle.

Diabetes (especially) and heart disease are two of the largest growing diseases in the U.S. and most people are afraid to treat them because it means changing their lifestyle. Perfect Pantry showed consumers that eating a healthy diet created especially for their conditions, doesn't mean giving up anything.

For more information about diabetes and healthy recipes, go to DiabeticLivingOnline.com.

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How can we help you thrive with diabetes?

Please take a few minutes to tell us what you think about this magazine. Then fold the survey, place it in an envelope, and mail (address on opposite side). Your comments will help us meet your needs as you live with diabetes.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

E-MAIL _____

1 Where did you get this issue of *Diabetic Living* magazine?

- ☐ At home/I subscribe
- ☐ A store
- ☐ Friend or family member
- ☐ Doctor's office or clinic
- ☐ Other _____

2 Why are you interested in reading about diabetes?
Please check all that apply.

- ☐ I have type 2 diabetes
  For how long?_____
- ☐ I have type 1 diabetes
  For how long?_____
- ☐ I have pre-diabetes (elevated blood glucose)
- ☐ My child has diabetes
- ☐ I am the caregiver for an adult with diabetes
- ☐ Diabetes runs in my family
- ☐ I am a medical professional

3 What other diabetes magazines or publications do you regularly read?
Please check all that apply.

- ☐ *Diabetes Forecast*
- ☐ *Diabetes Self-Management*
- ☐ *Diabetes Health*
- ☐ Pharmacy information
- ☐ Insurance company information
- ☐ Other _____

4 Where else do you find diabetes education/support?
Please check all that apply.

- ☐ Diabetes education class(es)
- ☐ Registered dietitian
- ☐ Family doctor
- ☐ Endocrinologist
- ☐ In-person support group
- ☐ Online support group/community
- ☐ Magazines/books
- ☐ Videos/DVDs
- ☐ Online
- ☐ Other _____

5 What information do you feel has been missing from your diabetes education?

_____

_____

_____

6 Where do you access the Internet? *Please check all that apply.*

- ☐ At home
- ☐ At work
- ☐ Through a mobile device
- ☐ At the public library
- ☐ I do not have Internet access *(please go to question 9).*

7 How often do you look for diabetes or other health information online?

- ☐ Daily
- ☐ Weekly
- ☐ Monthly
- ☐ Less than once a month
- ☐ I have never looked online for diabetes information *(please go to question 9).*

8 Please list the top three diabetes or health websites you visit.

1. _____
2. _____
3. _____

CONTINUE TO BACK

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9 How interested are you in reading each of the following in *Diabetic Living*?

	HIGH INTEREST	MODERATE INTEREST	LOW/NO INTEREST
Diabetes medical news and research	☐	☐	☐
Everyday recipes	☐	☐	☐
30-minute (or less) recipes	☐	☐	☐
Low-carb recipes	☐	☐	☐
Low-sodium recipes	☐	☐	☐
Special-occasion recipes	☐	☐	☐
Holiday recipes	☐	☐	☐
Recipes for two	☐	☐	☐
Dessert recipes	☐	☐	☐
What/how much to eat	☐	☐	☐
Getting started (newly diagnosed)	☐	☐	☐
Medication and treatments	☐	☐	☐
Diabetes procedures and tests	☐	☐	☐
Weight loss	☐	☐	☐
Easy exercises	☐	☐	☐
Reducing blood glucose and/or A1C	☐	☐	☐
Pain management	☐	☐	☐
How to avoid complications	☐	☐	☐
Mentally coping with diabetes	☐	☐	☐
Reducing stress	☐	☐	☐
Diabetes products and services	☐	☐	☐
Inspiration from people with diabetes	☐	☐	☐

Other _____

_____

Is there anything else you'd like to tell us?

_____

_____

_____

_____

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_____

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_____

☐ **Yes,** the editors of *Diabetic Living* magazine may contact me for more information.

10 Please indicate your level of agreement with the following statements that describe your feelings about *Diabetic Living*.

	AGREE COMPLETELY	AGREE SOMEWHAT	NEITHER AGREE NOR DISAGREE	DISAGREE SOMEWHAT	DISAGREE COMPLETELY
Magazine is well-organized	☐	☐	☐	☐	☐
Articles do not give me enough information	☐	☐	☐	☐	☐
Articles are colorful and attractive	☐	☐	☐	☐	☐
The text size is too small to read	☐	☐	☐	☐	☐
The text size is easy to see and to read	☐	☐	☐	☐	☐
Stories inform and educate me	☐	☐	☐	☐	☐
Stories inspire me to take self-care actions	☐	☐	☐	☐	☐
Stories encourage me to talk to my doctor or health care provider	☐	☐	☐	☐	☐
I can get the same information elsewhere	☐	☐	☐	☐	☐
The magazine keeps me up-to-date on the newest information about diabetes	☐	☐	☐	☐	☐
The stories are the same from issue to issue and seem too repetitive	☐	☐	☐	☐	☐
The articles are difficult to understand	☐	☐	☐	☐	☐
The stories are realistic for someone with diabetes	☐	☐	☐	☐	☐
The magazine shows/describes people I can relate to	☐	☐	☐	☐	☐

Thank you!

We appreciate your opinions.

Fold and mail this survey in an envelope addressed to:

Diabetic Living Survey
LN 114
1716 Locust St.
Des Moines, IA 50309-3023

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Tear out and save!

15-minute sides

Crunchy Zucchini and Tomato

7 grams carb.

PER SERVING: 54 cal., 2 g total fat (1 g sat. fat), 4 mg chol., 105 mg sodium, 7 g carb., 1 g fiber, 3 g pro. Exchanges: 1 vegetable, 0.5 lean meat. Carb choices: 0.5.

DiabeticLivingOnline.com

Pea Pod and Carrot Stir-Fry

1 vegetable serving

PER SERVING: 50 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 109 mg sodium, 6 g carb., 2 g fiber, 2 g pro. Exchanges: 1 vegetable, 0.5 fat. Carb choices: 0.5.

DiabeticLivingOnline.com

Garlicky Wilted Greens

203% daily vitamin C

PER SERVING: 103 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 104 mg sodium, 11 g carb., 2 g fiber, 4 g pro. Exchanges: 1.5 vegetable, 1 fat. Carb choices: 1.

DiabeticLivingOnline.com

Loaded Mashed Sweet Potatoes

140% daily vitamin A

PER SERVING: 100 cal., 2 g total fat (1 g sat. fat), 1 mg chol., 87 mg sodium, 18 g carb., 3 g fiber, 2 g pro. Exchanges: 0.5 vegetable, 1 starch. Carb choices: 1.

DiabeticLivingOnline.com

recipes: LAURA MARZEN, R.D., L.D.; photos: BLAINE MOATS; food styling: GREG LUNA

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Add more veggies but very few calories to your meals with these superfast satisfiers. Each of these side dishes is ready to enjoy in 15 minutes.

Pea Pod and Carrot Stir-Fry

To keep prep time to a minimum, use bottled minced ginger and garlic as well as purchased shredded carrots.

SERVINGS 4 (⅔ cup each) **CARB. PER SERVING** 6 g
START TO FINISH 15 minutes

- 2 teaspoons toasted sesame oil
- 2 teaspoons bottled minced ginger
- 1 teaspoon bottled minced garlic (2 cloves)
- 2 cups fresh sugar snap pea pods, trimmed
- 1 cup purchased shredded carrots
- 2 teaspoons reduced-sodium soy sauce

1. In a large skillet, heat oil over medium-high heat. Add ginger and garlic to skillet; stir-fry 15 seconds.
2. Add pea pods and carrots. Stir-fry 3 to 4 minutes or until pea pods are crisp-tender. Remove from heat. Drizzle with soy sauce; toss gently to coat.

Crunchy Zucchini and Tomato

SERVINGS 4 (1 slice zucchini and 1 slice tomato each)
CARB. PER SERVING 7 g **START TO FINISH** 15 minutes

- 1 medium zucchini, trimmed and cut lengthwise into 4 slices
- 1 large tomato, cut into 4 slices
- ¼ teaspoon dried Italian seasoning, crushed
- ¼ teaspoon black pepper
- ⅓ cup panko (Japanese-style bread crumbs)
- ¼ cup finely shredded Parmesan cheese (1 ounce)
- 1 clove garlic, minced

1. Preheat broiler. Coat both sides of zucchini slices with *nonstick cooking spray*. Sprinkle zucchini and tomato slices with Italian seasoning and pepper.
2. Place zucchini on rack of a broiler pan. Broil 4 to 5 inches from heat 8 minutes, turning once.
3. Meanwhile, in a small bowl, combine the panko, Parmesan cheese, and garlic. Place tomato slices on broiler pan next to zucchini. Sprinkle tops of vegetables with bread crumb mixture. Broil 1 to 2 minutes more or until topping is golden.

Loaded Mashed Sweet Potatoes

Turn refrigerated mashed sweet potatoes into a company-special side dish by loading them with onion, mushrooms, and savory seasonings.

SERVINGS 6 (½ cup each) **CARB. PER SERVING** 18 g
START TO FINISH 15 minutes

- 2 teaspoons canola oil
- 1½ cups purchased sliced fresh mushrooms
- 1 medium sweet onion (such as Vidalia or Maui Maui), quartered and thinly sliced
- ¼ teaspoon ground cumin
- ⅛ teaspoon ground coriander
- 1 24-ounce package refrigerated mashed sweet potatoes

1. In a large nonstick skillet, heat oil over medium-high heat. Add mushrooms and onion to skillet; cook 8 minutes or until tender and lightly browned, stirring occasionally.
2. Add cumin and coriander to mushroom mixture. Stir in sweet potatoes. Cook and stir until sweet potatoes are heated through.

Garlicky Wilted Greens

Use kale or Swiss chard—or both—for this nonstarchy veggie side dish. Both greens are packed with vitamins yet low in calories.

SERVINGS 4 (½ cup each) **CARB. PER SERVING** 11 g
START TO FINISH 15 minutes

- 1 tablespoon olive oil
- 6 cups torn fresh kale or Swiss chard (3 ounces)
- 2 cloves garlic, thinly sliced
- 1 tablespoon white wine vinegar
- 2 teaspoons Dijon-style mustard
- ¼ cup snipped fresh basil
- 2 tablespoons sliced almonds, toasted

1. In a very large nonstick skillet, heat oil over medium heat. Add kale and garlic to skillet; cook 3 to 5 minutes or just until kale is tender, stirring frequently.
2. Meanwhile, in a small bowl, whisk together vinegar and mustard. Add vinegar mixture and basil to kale mixture; toss gently to coat. Sprinkle with almonds. Serve immediately.

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recipe guide

See how we calculate nutrition information to help you count carbs, exchanges, and serving sizes.

Better Homes and Gardens Test Kitchen

This seal assures you every recipe in this issue of *Better Homes and Gardens® Diabetic Living®* magazine has been tested in the Better Homes and Gardens Test Kitchen. This means each recipe is practical, reliable, and meets high standards of taste appeal.

Precise serving sizes help you to manage portions.

When ingredient choices appear, we use the first one to calculate the nutrition analysis.

Ingredients
- Tub-style vegetable oil spread refers to 60% to 70% vegetable oil product.
- Lean ground beef refers to 95% or leaner ground beef.

Ingredients listed as optional are not included in the nutrition analysis.

Kitchen basics such as ice, water, salt, pepper, and nonstick cooking spray are usually not listed in the ingredients list; they are italicized in the directions.

Lemon Tart with Ginger-Oat Crust

You'll need two lemons to get enough finely shredded peel and juice for this sure-to-please dessert.

SERVINGS 10 (1/10th tart each)
CARB. PER SERVING 30 g or 20 g
PREP 45 minutes **BAKE** 13 minutes
STAND 15 minutes **CHILL** 1 hour

- 1 recipe Ginger-Oat Crust (below right)
- 2 egg yolks or 1/4 cup refrigerated or frozen egg product, thawed
- 2/3 cup sugar**
- 2 tablespoons cornstarch
- 1 tablespoon finely shredded lemon peel
- 6 tablespoons lemon juice
- 1/4 cup tub-style vegetable oil spread
- 1/2 cup light sour cream
- Lemon slices, lime slices, and/or orange slices (optional)

1. Preheat oven to 350°F. Coat a 9-inch tart pan with removable bottom with *nonstick cooking spray.* Using your damp fingers, press Ginger-Oat Crust dough onto bottom and up the side of the prepared tart pan.* Line crust with a double thickness of foil that has been lightly coated on the bottom with *nonstick cooking spray.* Bake 8 minutes. Carefully remove foil. Bake 5 to 7 minutes more or until crust is lightly browned. Cool completely on a wire rack.

2. In a small bowl, use a fork to lightly beat egg yolks; set aside. In a medium saucepan, stir together sugar and cornstarch. Stir in lemon peel, lemon juice, and 6 tablespoons *water.* Cook and stir over medium heat until thickened and bubbly. Stir half of the lemon mixture into egg yolks. Add egg mixture to lemon mixture in saucepan. Cook and stir over medium heat until mixture comes to a gentle boil. Cook and stir 2 minutes more. Remove from heat. Whisk in vegetable oil spread until well mixed. Cover surface of the cooked lemon mixture with plastic wrap. Let stand at room temperature 15 minutes. Whisk in sour cream until well mixed.

3. Pour lemon mixture into cooled tart crust. Cover loosely and chill at least 1 hour before serving. Remove side of pan to serve. If desired, top with lemon, lime, and/or orange slices.

GINGER-OAT CRUST: In a medium bowl, beat 1/4 cup softened butter with an electric mixer on medium to high speed for 30 seconds. Add 2 tablespoons packed brown sugar**. Beat until combined, scraping bowl occasionally. Beat in 1 egg white and 1/2 teaspoon vanilla until combined. Beat in 1/3 cup all-purpose flour. Stir in 1/2 cup ground gingersnaps (8 to 9 gingersnaps), 1/2 cup quick-cooking rolled oats, and 1/8 teaspoon ground ginger.

***TEST KITCHEN TIP:** Use the bottom of a measuring cup to tap dough into pan.
****SUGAR SUBSTITUTES:** Choose Splenda Blend for Baking to substitute for the 2/3 cup sugar. Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown to substitute for the brown sugar. Follow package directions to use product amounts equivalent to 2/3 cup sugar or 2 tablespoons brown sugar.

1/10 **PER SERVING:** 223 cal., 11 g total fat (5 g sat. fat), 58 mg chol., 121 mg sodium, 30 g carb., 1 g fiber, 3 g pro. Exchanges: 2 carb., 2 fat. Carb choices: 2.
PER SERVING WITH SUBSTITUTE: Same as above, except 192 cal., 20 g carb., 120 mg sodium. Exchanges: 1.5 carb. Carb choices: 1.

Test Kitchen tips and sugar substitutes are listed after the recipe directions.

Nutrition facts per serving and exchanges are noted with each recipe. 1 carb choice = 15 g carb.

Key to abbreviations used in the nutrition information:
cal. = calories
sat. fat = saturated fat
chol. = cholesterol
carb. = carbohydrate
pro. = protein

Serving sizes

These symbols, used with our recipes, indicate the size of a single serving.

Cup
For foods you ladle or spoon, such as soup and pasta.

Round pan
For foods served in wedges, such as cake, pizza, and quiche.

Rectangular dish
For foods cooked in casserole dishes and baking pans, such as lasagna, sheet cake, and bars.

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» you chose the winner, now choose dinner!

Continued from page 65

2. Southwest Black Bean Pizza

SERVINGS 4 (¼ pizza each)
CARB. PER SERVING 41 g
PREP 20 minutes **BAKE** 12 minutes

- 1 portion Whole Grain Pizza Crust (page 65)
- 2 teaspoons olive oil
- ¾ cup purchased salsa
- 1 cup canned no-salt-added black beans, rinsed and drained
- ¾ cup red and/or green sweet pepper strips
- 1 fresh jalapeño chile pepper, seeded and cut into thin strips* (optional)
- 1 cup shredded reduced-fat Mexican cheese blend (4 ounces)

1. Preheat oven to 425°F. Grease a 14-inch round baking stone, 12-inch pizza pan, or large baking sheet; set aside. On a lightly floured surface, roll pizza crust dough into a 12-inch circle. Transfer to the prepared pan. Prick dough with a fork. Bake 6 to 8 minutes or until crust is lightly browned.
2. Lightly brush 1 inch of the edge of hot crust with oil. Spread salsa over crust to within 1 inch of the edge. Top with black beans, sweet pepper, and, if desired, jalapeño pepper; sprinkle with cheese.
3. Bake 6 to 8 minutes more or until cheese is melted and toppings are heated through.
***TEST KITCHEN TIP:** Hot peppers contain oils that can burn skin and eyes; avoid contact with them if possible. Wear plastic or rubber gloves. If your bare hands touch the chile, wash them well.
PER SERVING: 319 cal., 10 g total fat (4 g sat. fat), 15 mg chol., 591 mg sodium, 41 g carb., 8 g fiber, 16 g pro. Exchanges: 0.5 vegetable, 2.5 starch, 1.5 medium-fat meat. Carb choices: 3.

3. Everything Pizza

SERVINGS 4 (¼ pizza each)
CARB. PER SERVING 37 g
PREP 25 minutes **BAKE** 14 minutes

- 1 portion Whole Grain Pizza Crust (page 65)
- 2 teaspoons olive oil
- 1 recipe Pizza Sauce (below)
- ½ cup cooked and drained lean ground beef
- ⅓ cup thinly sliced pizza-style Canadian-style bacon and/or turkey pepperoni
- 2 cups sliced fresh mushrooms, thinly sliced green sweet pepper, thinly sliced red onion, and/or packaged fresh baby spinach
- 2 tablespoons sliced pitted ripe or Kalamata olives
- 1 cup shredded reduced-fat mozzarella cheese (4 ounces)

1. Preheat oven to 425°F. Grease a 14-inch round baking stone, 12-inch pizza pan, or large baking sheet; set aside. On a lightly floured surface, roll pizza crust dough into a 12-inch circle. Transfer to the prepared pan. Prick dough with a fork. Bake 6 to 8 minutes or until crust is lightly browned.
2. Lightly brush 1 inch of the edge of hot crust with oil. Spread Pizza Sauce over crust to within 1 inch of the edge. Top with cooked ground beef and Canadian bacon. Add mushrooms and olives; sprinkle with cheese.
3. Bake 8 to 10 minutes more or until cheese is melted and vegetables are softened.
PIZZA SAUCE: In a small bowl, combine ½ cup canned no-salt-added tomato sauce; 3 tablespoons no-salt-added tomato paste; 1½ teaspoons dried Italian seasoning, crushed; 2 cloves garlic, minced; and ⅛ teaspoon black pepper.
PER SERVING: 342 cal., 12 g total fat (3 g sat. fat), 29 mg chol., 663 mg sodium, 37 g carb., 6 g fiber, 21 g pro. Exchanges: 1.5 vegetable, 2 starch, 2 lean meat, 1 fat. Carb choices: 2.5.

» sweet to the core

Continued from page 83

Maple-Glazed Baked Apples

SERVINGS 6 (1 apple and ½ tablespoon sauce each)
CARB. PER SERVING 14 g
PREP 20 minutes **BAKE** 40 minutes

- 6 small apples (such as Jonathan, Jonagold, or Winesap)
- ½ cup apple juice or apple cider
- 2 tablespoons sugar-free maple-flavor syrup
- 1 tablespoon butter or vegetable oil spread
- 6 3-inch cinnamon sticks

1. Preheat oven to 350°F. Using a melon baller, core apples, leaving the bottoms intact. Using a small sharp knife, cut off a strip of peel around the top of each apple. Place apples in a 2-quart casserole or baking dish.
2. In a small saucepan, combine apple juice, syrup, and butter. Bring to boiling. Pour hot juice mixture over apples. Insert a cinnamon stick into the center of each apple.
3. Bake 40 to 45 minutes or until apples are tender, brushing apples occasionally with juice mixture in dish.
4. To serve, remove the cinnamon sticks and spoon the juice mixture over the baked apples.
PER SERVING: 69 cal., 2 g total fat (1 g sat. fat), 5 mg chol., 25 mg sodium, 14 g carb., 2 g fiber, 0 g pro. Exchanges: 1 fruit, 0.5 fat. Carb choices: 1.

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Apple Spice Cake

SERVINGS 9 (1 cake square each)
CARB. PER SERVING 29 g or 21 g
PREP 25 minutes **BAKE** 35 minutes

- 3/4 cup all-purpose flour
- 1/2 cup white whole wheat flour
- 1/4 cup flaxseed meal
- 1 teaspoon baking powder
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 1 egg, lightly beaten
- 1 6-ounce carton plain low-fat yogurt
- 1/3 cup packed brown sugar*
- 1/4 cup unsweetened applesauce
- 3 tablespoons vegetable oil
- 1 tablespoon molasses
- 1 large apple (such as Granny Smith or Gala), cored and finely chopped (1 cup)
- 2/3 cup frozen light whipped dessert topping, thawed

1. Preheat oven to 350°F. Lightly coat an 8×8×2-inch baking pan with *nonstick cooking spray*; set aside.
2. In a large bowl, stir together all-purpose flour, white whole wheat flour, flaxseed meal, baking powder, cinnamon, baking soda, ginger, 1/4 teaspoon *salt*, and cloves. In a medium bowl, combine egg, yogurt, brown sugar, applesauce, oil, and molasses. Add egg mixture to flour mixture; stir just until combined. Fold in apple. Spread batter evenly in prepared baking pan.
3. Bake 35 minutes or until a toothpick inserted near center comes out clean. Cool slightly on a wire rack.
4. To serve, cut cake into nine squares. Serve warm. Top each serving with whipped topping and sprinkle with additional *cinnamon*.
***SUGAR SUBSTITUTES:** Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 1/3 cup brown sugar.
PER SERVING: 193 cal., 7 g total fat (1 g sat. fat), 25 mg chol., 186 mg sodium, 29 g carb., 2 g fiber, 4 g pro. Exchanges: 2 carb., 1 fat. Carb choices: 2.
PER SERVING WITH SUBSTITUTE: Same as above, except 162 cal., 21 g carb. Exchanges: 1.5 carb. Carb choices: 1.5.

Apple-Nut Wedges

SERVINGS 8 (1 wedge each)
CARB. PER SERVING 28 g or 18 g
PREP 25 minutes **BAKE** 25 minutes

- 1 egg
- 2 egg whites
- 2/3 cup packed brown sugar*
- 1 teaspoon vanilla
- 1/3 cup all-purpose flour
- 3/4 teaspoon baking soda
- 2 large apples, cored and chopped (2 cups)
- 1/2 cup chopped walnuts or pecans, toasted
- 1/2 cup light sour cream
- 1/4 cup vanilla low-fat yogurt with artificial sweetener
- 1/2 teaspoon vanilla

1. Preheat oven to 325°F. Coat a 9-inch pie plate with *nonstick cooking spray*; set aside.
2. In a large bowl, combine egg, egg whites, brown sugar, and the 1 teaspoon vanilla. Beat with an electric mixer on medium speed about 1 minute or until smooth. In a small bowl, stir together flour, baking soda, and dash *salt*. Add flour mixture to egg mixture; stir just until combined. Fold in apples and nuts. Spread batter in prepared pie plate.
3. Bake 25 to 30 minutes or until center is set. Cool on a wire rack. Meanwhile, for topping: In a small bowl, whisk together sour cream, yogurt, and the 1/2 teaspoon vanilla.
4. To serve, cut dessert into wedges. Serve warm. Spoon 1 rounded tablespoon of the topping over each serving.
***SUGAR SUBSTITUTE:** Choose Splenda Brown Sugar Blend. Follow package directions to use product amount equivalent to 2/3 cup brown sugar.
PER SERVING: 186 cal., 7 g total fat (1 g sat. fat), 31 mg chol., 195 mg sodium, 28 g carb., 1 g fiber, 4 g pro. Exchanges: 2 carb., 1 fat. Carb choices: 2.
PER SERVING WITH SUBSTITUTE: Same as above, except 155 cal., 18 g carb. Exchanges: 1 carb. Carb choices: 1.

» morning glories

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Smoked Salmon Breakfast Wraps

SERVINGS 4 (1 wrap each)
CARB. PER SERVING 14 g
START TO FINISH 20 minutes

- 1/3 cup light cream cheese spread
- 1 tablespoon snipped fresh chives
- 1 teaspoon finely shredded lemon peel
- 1 tablespoon lemon juice
- 4 6- to 7-inch whole wheat flour tortillas
- 3 ounces thinly sliced smoked salmon (lox-style), cut into strips
- 1 small zucchini

1. In a small bowl, stir together cream cheese, chives, lemon peel, and lemon juice until smooth. Spread evenly over tortillas, leaving a 1/2-inch border around edges.
2. Divide salmon among tortillas, placing it on the bottom half of each

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tortilla. To make zucchini ribbons, draw a sharp vegetable peeler lengthwise along the zucchini to cut very thin slices. Place zucchini ribbons on top of salmon. Starting from the bottom, roll up tortillas. Cut each wrap in half. If desired, serve with *lemon wedges*.
PER SERVING: 124 cal., 6 g total fat (2 g sat. fat), 15 mg chol., 451 mg sodium, 14 g carb., 9 g fiber, 12 g pro. Exchanges: 1 starch, 1 lean meat. Carb choices: 1.

Pear-Ginger Pancakes

SERVINGS 4 (2 pancakes and about 2 tablespoons syrup each)
CARB. PER SERVING 39 g or 35 g
PREP 20 minutes **COOK** 2 minutes per batch

- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 tablespoon packed brown sugar*
- 2 teaspoons baking powder
- 1/4 teaspoon ground ginger
- 3/4 cup fat-free milk
- 1/4 cup refrigerated or frozen egg product, thawed, or 1 egg
- 2 tablespoons canola oil
- 1/2 of a medium pear, cored and finely chopped (1/2 cup)
- 1 recipe Apricot-Pear Syrup (right)

1. In a medium bowl, combine all-purpose flour, whole wheat flour, brown sugar, baking powder, ginger, and 1/8 teaspoon *salt*. Make a well in the center of flour mixture; set aside. In a small bowl, whisk together milk, egg, and oil; stir in chopped pear. Add egg mixture all at once to flour mixture; stir just until moistened.
2. For each pancake, pour 1/4 cup of the batter onto a hot lightly greased griddle or heavy skillet, spreading batter into an even layer if necessary. Cook over medium heat 2 to 4 minutes or until pancakes are golden, turning when pancakes have bubbly surfaces and edges are slightly dry. Keep pancakes warm in a 300°F oven while cooking the remaining pancakes.
3. Serve with Apricot-Pear Syrup.
APRICOT-PEAR SYRUP: In a small saucepan, combine 1/2 cup finely chopped pear and 1 tablespoon lemon juice. Stir in 2 tablespoons low-sugar apricot preserves, 1 tablespoon water, and 1/8 teaspoon ground ginger. Heat over low heat until preserves are melted, stirring often. Makes about 1/2 cup.
***SUGAR SUBSTITUTES:** Choose from Sweet'N Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 1 tablespoon brown sugar.
PER SERVING: 242 cal., 7 g total fat (1 g sat. fat), 1 mg chol., 243 mg sodium, 39 g carb., 4 g fiber, 7 g pro. Exchanges: 0.5 fruit, 2 starch, 1 fat. Carb choices: 2.5.
PER SERVING WITH SUBSTITUTE: Same as above, except 229 cal., 35 g carb. Exchanges: 1.5 starch. Carb choices: 2.

Mushroom-Olive Frittata

SERVINGS 4 (1 wedge each)
CARB. PER SERVING 4 g
PREP 30 minutes **BROIL** 2 minutes
STAND 5 minutes

- 1 tablespoon olive oil
- 1 cup sliced fresh cremini mushrooms
- 2 cups coarsely shredded fresh Swiss chard or spinach
- 1 large shallot, thinly sliced
- 4 eggs*
- 2 egg whites*
- 2 teaspoons snipped fresh rosemary
- 1/4 cup thinly sliced pitted Kalamata olives
- 1/3 cup shredded Parmesan cheese

1. Preheat broiler. In a broilerproof medium nonstick skillet, heat oil over medium heat. Add mushrooms to skillet; cook 3 minutes, stirring occasionally. Add Swiss chard and shallot. Cook about 5 minutes or until mushrooms and chard are tender, stirring occasionally.
2. Meanwhile, in a medium bowl, whisk together eggs, egg whites, rosemary, 1/4 teaspoon *black pepper*, and 1/8 teaspoon *salt*. Pour egg mixture over vegetables in skillet. Cook over medium heat. As mixture sets, run a spatula around edge of skillet, lifting egg mixture so the uncooked portion flows underneath. Continue cooking and lifting edge until egg mixture is almost set and surface is just slightly moist.
3. Sprinkle with olives; top with cheese. Broil about 4 inches from the heat about 2 minutes or until top is lightly browned and center is set. Let stand 5 minutes before serving.
***TEST KITCHEN TIP:** If desired, substitute 1 1/4 cups refrigerated or frozen egg product, thawed, for the 4 eggs and 2 egg whites.
PER SERVING: 165 cal., 11 g total fat (3 g sat. fat), 216 mg chol., 416 mg sodium, 4 g carb., 1 g fiber, 12 g pro. Exchanges: 1 vegetable, 1.5 medium-fat meat, 0.5 fat. Carb choices: 0.

» dinner tonight

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Pork Tenderloin with Brown Gravy and Mushrooms

SERVINGS 4 (about 3 ounces cooked meat and 1/3 cup gravy each)
CARB. PER SERVING 4 g
START TO FINISH 45 minutes

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- 1 1-pound pork tenderloin
- 8 ounces fresh mushrooms, stemmed and quartered (3 cups)
- ¾ cup lower-sodium beef broth
- 2 tablespoons finely chopped onion
- 2 tablespoons dry white wine or lower-sodium beef broth
- 1 teaspoon snipped fresh rosemary or ¼ teaspoon dried rosemary, crushed
- 1 tablespoon whole wheat flour
- 1 tablespoon snipped fresh parsley

1. Trim fat from meat. Coat a very large skillet with *nonstick cooking spray*; heat skillet over medium heat. Add meat to skillet; cook, covered, 8 minutes or until bottom is browned. Turn meat; cook, covered, 5 minutes more or until bottom is browned.
2. Add mushrooms, broth, onion, wine, and rosemary to skillet. Bring to boiling; reduce heat. Simmer, covered, 10 minutes or until center of meat registers 155°F on an instant-read thermometer. Sprinkle meat with ¼ teaspoon *salt* and ¼ teaspoon *black pepper*. Transfer meat to a cutting board; cover and let stand 10 minutes. Meanwhile, for gravy: In a small bowl, stir together flour and 1 tablespoon *water* until smooth. Add to broth mixture. Cook and stir until thickened and bubbly; cook and stir 1 minute more.
3. To serve, cut meat diagonally into slices. Divide meat among serving plates; spoon gravy over meat. Sprinkle with parsley.
PER SERVING: 152 cal., 2 g total fat (1 g sat. fat), 73 mg chol., 286 mg sodium, 4 g carb., 1 g fiber, 26 g pro. Exchanges: 0.5 vegetable, 3.5 lean meat. Carb choices: 0.

Pork Scaloppini in White Wine Sauce

SERVINGS 4 (about 3 ounces cooked meat and ¼ cup sauce each)
CARB. PER SERVING 8 g
START TO FINISH 30 minutes

- 1 1-pound pork tenderloin
- 3 tablespoons whole wheat flour
- 4 teaspoons olive oil
- 2 cloves garlic, minced
- ½ cup dry white wine or reduced-sodium chicken broth
- 2 teaspoons snipped fresh sage
- 1 teaspoon snipped fresh rosemary
- 1 cup reduced-sodium chicken broth
- 1 tablespoon cornstarch

1. Trim fat from meat. Cut meat into ½-inch slices. Place each slice between two pieces of plastic wrap. Using the flat side of a meat mallet, pound meat lightly until ¼ inch thick. Remove plastic wrap. Sprinkle meat with ¼ teaspoon *black pepper*. Place flour in a shallow dish. Dip meat into flour, turning to coat evenly.
2. In a large skillet, heat 2 teaspoons of the oil over medium-high heat. Add half of the meat to the skillet; cook 4 minutes or until meat is browned, turning once. Remove meat from skillet; cover to keep warm.
3. Add the remaining 2 teaspoons oil to skillet; cook the remaining meat as directed above. Remove from skillet; cover to keep warm.
4. For sauce: Add garlic to the same skillet; cook and stir 30 seconds. Add wine, sage, and rosemary; cook and stir 2 minutes. Add broth; return meat to skillet. Bring just to boiling. Cook, uncovered, 2 minutes. In a small bowl, stir together cornstarch and 2 tablespoons *water*; add to broth mixture. Cook and stir 2 minutes more.
5. Transfer meat to serving plates; top with sauce. If desired, sprinkle with *snipped fresh parsley*.
PER SERVING: 220 cal., 7 g total fat (1 g sat. fat), 73 mg chol., 199 mg sodium, 8 g carb., 1 g fiber, 25 g pro. Exchanges: 0.5 starch, 3.5 lean meat, 0.5 fat. Carb choices: 0.5.

Chive Spread

SERVINGS 16 (1 teaspoon each)
CARB. PER SERVING 0 g
START TO FINISH 10 minutes

- ⅓ cup tub-style vegetable oil spread, softened
- 1 teaspoon snipped fresh chives
- ½ teaspoon finely shredded lemon peel

1. In a small bowl, combine vegetable oil spread, chives, lemon peel, and dash *black pepper*. Cover and chill until ready to serve. Serve with corn on the cob or other vegetables.
CAJUN SPREAD: Prepare spread as above, except substitute ½ teaspoon snipped fresh parsley for the chives, and use ½ teaspoon Cajun seasoning in place of the lemon peel.
TEST KITCHEN TIP: To make slices, on a sheet of waxed paper, roll mixture into a 1-inch-diameter log. Wrap in waxed paper and chill about 4 hours or until firm. Slice to serve.
PER SERVING: 26 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 30 mg sodium, 0 g carb., 0 g fiber, 0 g pro. Exchanges: 0.5 fat. Carb choices: 0.

Chive Spread

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Lemon-Glazed Trout

SERVINGS 4 (1 piece fish and about 2 teaspoons sauce each)
CARB. PER SERVING 7 g
START TO FINISH 25 minutes

- 4 4-ounce fresh or frozen skinless trout fillets, ½ to ¾ inch thick
- ⅓ cup fat-free milk
- ¼ cup whole wheat flour
- 1 tablespoon olive oil
- 1 tablespoon finely chopped shallot
- 2 tablespoons reduced-sodium chicken broth
- 1 tablespoon lemon juice
- 1 tablespoon butter
- 1 tablespoon snipped fresh parsley

1. Thaw fish, if frozen. Rinse fish; pat dry. Sprinkle fish with ⅛ teaspoon *salt* and ⅛ teaspoon *black pepper*.
2. Place milk and flour in separate shallow dishes. Dip fish into milk, then into flour, turning to coat evenly.
3. In a large skillet, heat oil over medium-high heat. Add fish; cook 6 to 8 minutes or until golden and fish flakes easily, turning once. Remove fish from skillet; cover to keep warm.
4. For sauce: Add shallots to the same skillet. Cook and stir over medium heat about 2 minutes or until softened. Add broth, lemon juice, and butter. Cook over low heat 1 minute, stirring to scrape up any browned bits. Spoon sauce over fish. Sprinkle with parsley.
PER SERVING: 258 cal., 14 g total fat (4 g sat. fat), 73 mg chol., 180 mg sodium, 7 g carb., 1 g fiber, 25 g pro. Exchanges: 0.5 starch, 3 lean meat, 1.5 fat. Carb choices: 0.

Sautéed Spinach

SERVINGS 4 (½ cup each)
CARB. PER SERVING 5 g
START TO FINISH 15 minutes

- 2 teaspoons olive oil
- 2 teaspoons finely shredded lemon peel
- 2 cloves garlic, thinly sliced
- 1 pound packaged fresh baby spinach
- ¼ cup reduced-sodium chicken broth

1. In a large skillet, heat 1 teaspoon of the oil over medium-high heat. Add half of the lemon peel and half of the garlic to skillet. Add half of the spinach, tossing quickly to combine.
2. As spinach starts to wilt, add half of the broth. Continue cooking until spinach is wilted. Transfer to a bowl; cover to keep warm. Repeat with remaining ingredients. Add to bowl.
3. Sprinkle wilted spinach with ⅛ teaspoon *salt*, tossing to combine.
PER SERVING: 50 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 198 mg sodium, 5 g carb., 3 g fiber, 4 g pro. Exchanges: 1 vegetable, 0.5 fat. Carb choices: 0.

Sautéed Chicken with Balsamic Vinegar

SERVINGS 4 (1 chicken breast half and about 2 tablespoons sauce each)
CARB. PER SERVING 10 g
PREP 30 minutes **BAKE** 8 minutes

- 4 4- to 5-ounce skinless, boneless chicken breast halves
- ¼ cup whole wheat flour
- 1 tablespoon olive oil
- ½ cup finely chopped onion
- ½ cup dry white wine or reduced-sodium chicken broth
- 4 sprigs fresh thyme
- 1¼ cups reduced-sodium chicken broth
- ¼ cup balsamic vinegar

1. Preheat oven to 375°F. Sprinkle chicken with ¼ teaspoon *salt* and ¼ teaspoon *black pepper*. Place flour in a shallow dish. Dip chicken into flour, turning to coat evenly.
2. In a skillet, heat oil over medium-high heat. Add chicken. Cook 4 to 6 minutes or until golden, turning once.
3. Transfer chicken to a nonstick baking sheet or a baking sheet lined with foil. Bake 8 to 10 minutes or until chicken is no longer pink (170°F).
4. Meanwhile, for sauce: Add onion to the skillet; cook and stir 3 minutes. Remove skillet from heat. Carefully add wine and thyme. Bring to boiling; reduce heat. Boil gently, uncovered, 2 minutes or until wine is reduced by about half. Add broth. Return to boiling; reduce heat. Boil gently, uncovered, 10 minutes or until broth is reduced to about ⅓ cup. Stir in vinegar.
5. Remove and discard thyme sprigs. Return chicken to skillet, turning to coat with sauce. Transfer chicken to serving plates; spoon sauce over chicken. If desired, garnish with additional thyme sprigs.
PER SERVING: 226 cal., 5 g total fat (1 g sat. fat), 66 mg chol., 385 mg sodium, 10 g carb., 1 g fiber, 28 g pro. Exchanges: 0.5 starch, 3.5 lean meat, 0.5 fat. Carb choices: 0.5.

Sun-Dried Tomato-Barley Pilaf

SERVINGS 4 (½ cup each)
CARB. PER SERVING 30 g
PREP 15 minutes **COOK** 10 minutes
STAND 5 minutes

- 2 teaspoons olive oil
- 1 shallot, finely chopped
- 1 14-ounce can reduced-sodium chicken broth
- ¾ cup quick-cooking barley
- 2 tablespoons dried tomatoes (not oil pack), coarsely chopped
- 1 teaspoon dried oregano, crushed
- 1 tablespoon finely shredded Parmesan cheese

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1. In a medium saucepan, heat oil over medium heat. Add shallot; cook until tender, stirring occasionally. Slowly add broth; bring to boiling. Stir in barley, dried tomatoes, and oregano. Return to boiling; reduce heat. Simmer, covered, 10 to 12 minutes or until barley is tender.
2. Remove from heat and let stand 5 minutes. Sprinkle with cheese.
PER SERVING: 161 cal., 3 g total fat (1 g sat. fat), 1 mg chol., 295 mg sodium, 30 g carb., 4 g fiber, 6 g pro. Exchanges: 2 starch. Carb choices: 2.

» diner light

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Sweet Potato Hash

SERVINGS 4 (1 1/4 cups each)
CARB. PER SERVING 20 g
START TO FINISH 30 minutes

- 1 tablespoon olive oil
- 1 medium onion, halved and thinly sliced
- 1 large sweet potato, peeled and cut into 1/2-inch pieces
- 12 ounces refrigerated or frozen uncooked ground meat substitute (soy protein), thawed
- 1 medium zucchini, coarsely chopped
- 1 teaspoon snipped fresh rosemary
- 1 tablespoon Dijon-style mustard
- 1 tablespoon fat-free milk
- 2 teaspoons honey

1. In a very large nonstick skillet, heat oil over medium heat. Add onion; cook and stir 3 minutes. Add sweet potato; cook 8 to 10 minutes or until potato is tender and browned, stirring often.
2. Add meat substitute, zucchini, and rosemary. Cook 3 to 5 minutes or until zucchini is tender, stirring often.
3. Combine mustard, milk, and honey. Stir mustard mixture into potato mixture; heat through. If desired, garnish with additional rosemary.
PER SERVING: 216 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 487 mg sodium, 20 g carb., 7 g fiber, 17 g pro. Exchanges: 1 vegetable, 1 starch, 2 lean meat, 0.5 fat. Carb choices: 1.

Classic Diner Meat Loaf

SERVINGS 8 (1 slice each)
CARB. PER SERVING 8 g
PREP 20 minutes **BAKE** 1 hour

- 2/3 cup fat-free milk
- 1/2 cup refrigerated or frozen egg product, thawed, or 3 egg whites
- 2 cups soft whole wheat bread crumbs
- 2 green onions, thinly sliced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme or oregano, crushed
- 1 1/2 pounds lean ground beef
- 1/4 cup ketchup
- 1 tablespoon balsamic vinegar
- 1 clove garlic, minced

1. Preheat oven to 350°F. Line a 2-quart rectangular baking dish with foil; set aside. In a large bowl, combine milk and egg. Stir in bread crumbs, green onions, Worcestershire, thyme, 1/4 teaspoon *salt*, and 1/8 teaspoon *black pepper*. Add ground beef; mix well. Shape mixture into an 8×5-inch rectangle in the baking dish.
2. Bake 50 minutes. Spoon off fat. In a small bowl, combine ketchup, vinegar, and garlic; spread over meat loaf. Bake 10 minutes more or until meat is done (160°F).
3. Let stand 10 minutes before serving. Spoon off any fat.
PER SERVING: 197 cal., 9 g total fat (4 g sat. fat), 56 mg chol., 308 mg sodium, 8 g carb., 1 g fiber, 20 g pro. Exchanges: 0.5 starch, 2.5 lean meat, 1 fat. Carb choices: 0.5.

Sausage Gumbo

SERVINGS 8 (about 1 cup each)
CARB. PER SERVING 26 g
PREP 30 minutes **COOK** 13 minutes

- 1/3 cup flour
- 1 14-ounce can reduced-sodium chicken broth
- 12 ounces skinless, boneless chicken breast halves, cut into 1-inch cubes
- 1 large red or green sweet pepper, coarsely chopped
- 1 large onion, coarsely chopped
- 1 stalk celery, sliced
- 4 cloves garlic, minced
- 1 teaspoon salt-free Cajun seasoning
- 1 14.8-ounce pouch cooked brown rice (3 cups)
- 1 10-ounce package frozen cut okra
- 8 ounces smoked turkey sausage, sliced
- 1 large tomato, chopped

1. In a 4- to 6-quart heavy Dutch oven, cook and stir flour over medium heat 6 to 8 minutes or until lightly browned. Remove from heat; cool slightly.
2. Slowly whisk broth into flour. Cook and stir over medium heat until thickened and bubbly. Add chicken, sweet pepper, onion, celery, garlic, Cajun seasoning, and 1 cup *water*.
3. Bring to boiling; reduce heat. Simmer, covered, 10 to 15 minutes or until chicken is no longer pink and vegetables are tender, stirring often. Stir in rice, okra, sausage, and tomato. Return just to boiling; reduce heat. Simmer, uncovered, 3 minutes.
PER SERVING: 223 cal., 5 g total fat (1 g sat. fat), 44 mg chol., 414 mg sodium, 26 g carb., 3 g fiber, 18 g pro. Exchanges: 1 vegetable, 1.5 starch, 2 lean meat. Carb choices: 2.

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Gluten FREE When you see this symbol GF next to the recipe title, the recipe is designed to be prepared with gluten-free ingredients and may be suitable for people who live with celiac disease.

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speaking Italian

Yes, you can enjoy dining at your favorite Italian restaurant. Just be aware of where the calories and carbs tend to hide.

	LOW-CAL	MEDIUM-CAL	HIGH-CAL
STARTERS	**Minestrone soup (1 cup)** 100 cal., 1 g fat, 18 g carb.	*Want fewer calories? Opt for nonfried bites.* **Bruschetta (¼ of appetizer)** 153 cal., 3 g fat, 25 g carb.	**Calamari with marinara (¼ of appetizer)** 240 cal., 14 g fat, 18 g carb.
ENTRÉES	*Control calories: Eat half of a serving.* **Lasagna (dinner portion)** 850 cal., 47 g fat, 39 g carb.	**Chicken Parmesan (dinner portion)** 1,090 cal., 49 g fat, 79 g carb.	**Fettuccine Alfredo (dinner portion)** 1,220 cal., 75 g fat, 99 g carb.
DESSERTS	**Café latte** 130 cal., 4 g fat, 15 g carb.	*Enjoy dessert with less guilt—share it!* **Tiramisu** 510 cal., 32 g fat, 48 g carb.	**Chocolate gelato** 620 cal., 25 g fat, 89 g carb.

Nutrition information and serving sizes are based on Olive Garden restaurant dishes.

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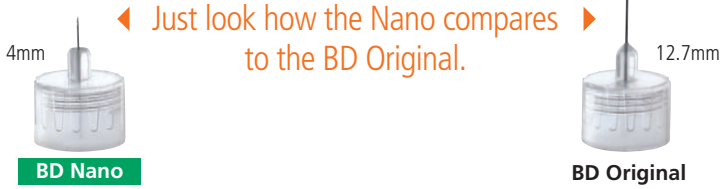
Smallest needle ever.

Introducing the new BD Ultra-Fine™ Nano.

New!

Just look how the Nano compares to the BD Original.



BD Nano

BD Original

Why use a bigger needle when you don't have to?

The new BD Nano is the **shortest** and **thinnest** pen needle available, and it's **proven more comfortable**.

Don't wait, ask your doctor for the BD Nano today!

Needles are actual size.

For more information, visit www.BD.com/nano.

BD

Helping all people live healthy lives

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